

MAY 2022 – JULY 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>

FIVE WAYS TO WELLBEING

Tutors: Heide Peck, Paul Wells, Andrew Mutandwa

*6 Week Course

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.

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|-----------|------|--------|-----------------------|
| 9th May | 2022 | Monday | 10:30 hrs - 11:30 hrs |
| 16th May | 2022 | Monday | 10:30 hrs - 11:30 hrs |
| 23rd May | 2022 | Monday | 10:30 hrs - 11:30 hrs |
| 30th May | 2022 | Monday | 10:30 hrs - 11:30 hrs |
| 6th June | 2022 | Monday | 10:30 hrs - 11:30 hrs |
| 13th June | 2022 | Monday | 10:30 hrs - 11:30 hrs |

Chapters

Tutors: Heide Peck, Paul Wells, Andrew Mutandwa

*4 Week Course

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.

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|----------|------|---------|----------------------|
| 10th May | 2022 | Tuesday | 10.30 hrs -11:30 hrs |
| 17th May | 2022 | Tuesday | 10.30 hrs -11:30 hrs |
| 24th May | 2022 | Tuesday | 10.30 hrs -11:30 hrs |
| 31st May | 2022 | Tuesday | 10.30 hrs -11:30 hrs |

Introduction to Assertiveness

Tutors: Heide Peck, Paul Wells, Andrew Mutandwa

*6 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. Being assertive can be learnt!

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|-----------|------|-----------|----------------------|
| 11th May | 2022 | Wednesday | 14.00 hrs –15:00 hrs |
| 18th May | 2022 | Wednesday | 14.00 hrs –15:00 hrs |
| 25th May | 2022 | Wednesday | 14.00 hrs –15:00 hrs |
| 1st June | 2022 | Wednesday | 14.00 hrs –15:00 hrs |
| 8th June | 2022 | Wednesday | 14.00 hrs –15:00 hrs |
| 15th June | 2022 | Wednesday | 14.00 hrs –15:00 hrs |

Taking Charge: Staying Safe When Times Are Tough

Tutors: Karen Lascelles , Heide Peck and Paul Wells

*4 Week Course

“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. “

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|----------|------|----------|-----------------------|
| 12th May | 2022 | Thursday | 10:00 hrs -11:15. hrs |
| 19th May | 2022 | Thursday | 10:00 hrs -11:15. hrs |
| 26th May | 2022 | Thursday | 10:00 hrs -11:15. hrs |
| 9th June | 2022 | Thursday | 10:00 hrs -11:15. hrs |

Humour and Wellbeing

*2 Week Course

Tutors: Heide Peck, Paul Wells, and Andrew Mutandwa

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.

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| 7th June | 2022 | Tuesday | 10:30 hrs - 11:30 hrs |
| 14th June | 2022 | Tuesday | 10:30 hrs - 11:30 hrs |

Stressbusters

*3 Week Course

Tutors: Heide Peck, Andrew Mutandwa, 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 stress, slows your breathing and heart rate, lowers blood pressure, and brings your body and mind back into balance.

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|----------|------|-----------|-----------------------|
| 25th May | 2022 | Wednesday | 10:30 hrs - 11:30 hrs |
| 1st June | 2022 | Wednesday | 10:30 hrs - 11:30 hrs |
| 8th June | 2022 | Wednesday | 10:30 hrs - 11:30 hrs |

Sleep and Wellbeing

Tutors: Heide Peck, Andrew Mutandwa, Paul Wells

*2 Week Course

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.

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|-----------|------|----------|-----------------------|
| 16th June | 2022 | Thursday | 10:30 hrs -11:30. hrs |
| 23rd June | 2022 | Thursday | 10:30 hrs -11:30. hrs |

Artscape

Tutors: Tom Cox and Heide Peck,

*6Week 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."

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|-----------|------|--------|-----------------------|
| 20th June | 2022 | Monday | 13:30 hrs - 15:30 hrs |
| 27th June | 2022 | Monday | 13:30 hrs - 15:30 hrs |
| 4th July | 2022 | Monday | 13:30 hrs - 15:30 hrs |
| 11th July | 2022 | Monday | 13:30 hrs - 15:30 hrs |
| 18th July | 2022 | Monday | 13:30 hrs - 15:30 hrs |
| 25th July | 2022 | Monday | 13:30 hrs - 15:30 hrs |

Engaging With Self and Others

Tutors: Heide Peck, Andrew Mutandwa, Paul Wells

*6 Week Course

Mental Health challenges often come with loss of confidence, which can make connecting with self and others more difficult. In this course we will be exploring the importance of healthy connections with others as well as self and explore how communication can impact on ourselves and others. We will aim to create a safe, stigma-free space where connection with self and others becomes possible.

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|-----------|------|---------|-----------------------|
| 21st June | 2022 | Tuesday | 10:30 hrs - 11:30 hrs |
| 28th June | 2022 | Tuesday | 10:30 hrs - 11:30 hrs |
| 5th July | 2022 | Tuesday | 10:30 hrs - 11:30 hrs |
| 12th July | 2022 | Tuesday | 10:30 hrs - 11:30 hrs |
| 19th July | 2022 | Tuesday | 10:30 hrs - 11:30 hrs |
| 26th July | 2022 | Tuesday | 10:30 hrs - 11:30 hrs |

Levelling Up Course 2

*6 Week Course

Tutors: David Sparrow, Emel Soylu, Heide Peck, Andrew Mutandwa, Paul Wells

This course is run in conjunction with Art Beyond Belief and co-produced with the college.

In this course we will be looking at world events and issues that affect us in everyday lives. We will be discovering some inspirations to help us take bigger steps and build our future.

Please note this course will be run using the Zoom Platform

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|-----------|------|-----------|-----------------------|
| 22nd June | 2022 | Wednesday | 14:00 hrs -15:00. hrs |
| 29th June | 2022 | Wednesday | 14:00 hrs -15:00. hrs |
| 6th July | 2022 | Wednesday | 14:00 hrs -15:00. hrs |
| 13th July | 2022 | Wednesday | 14:00 hrs -15:00. hrs |
| 20th July | 2022 | Wednesday | 14:00 hrs -15:00. hrs |
| 27th July | 2022 | Wednesday | 14:00 hrs -15:00. hrs |

Becoming Your Own Friend 2

*3 Week Course

Tutors: Heide Peck, Andrew Mutandwa, Paul Wells

This course follows on from the Becoming Your Own Friend Course and 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 positive as-

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|-----------|------|----------|-----------------------|
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| 7th July | 2022 | Thursday | 10:30 hrs - 11:30 hrs |
| 14th July | 2022 | Thursday | 10:30 hrs - 11:30 hrs |

Medication Explored

* Workshop

Tutors: Heide Peck, Zohaib Ansari, Paul Wells

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.

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| 1st July | 2022 | Friday | 10:30 hrs - 11:30 hrs |
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Cultural Appropriate Self Advocacy

Tutors: Darren Robinson—Scott

*4 Week Project

POhWER have been asked to run this project by the Department of Health and Social Care. This project comes after the 2018 independent review of the Mental Health Act where it was recognised that racism and “unconscious bias” is still a huge problem in the mental health system. This is your opportunity to take part in a project that will influence much-needed change in the way mental health services are run in the UK.

POhWER are aware that any movement to fight racism and discrimination needs to include EVERYONE. However, we have a limited amount of time to deliver the project and we need to focus on supporting people from ethnically diverse backgrounds. As a result, this course is only open to learners and patients from Black, Asian or Ethnically Diverse communities – this includes white people from a European background.

If you would like to take part in this exciting project, please e-mail us at caa@pohwer.net or contact the POhWER Help Hub on 0300 546 2370.

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| 24th May | 2022 | Tuesday | 14.00 hrs -15.15 hrs |
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Student Forum Meetings

Student Representatives: Kirsty Evans, Paula Salmon

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..

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|----------|------|--------|-----------------------|
| 6th May | 2022 | Friday | 15:00 hrs - 16:00 hrs |
| 1st July | 2022 | Friday | 15:00 hrs - 16:00 hrs |