

**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](mailto: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.

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.

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!

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. “

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.

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.

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.

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."

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.

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**

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-

30th June	2022	Thursday	10:30 hrs - 11:30 hrs
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.

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](mailto:caa@pohwer.net) or contact the POhWER Help Hub on 0300 546 2370.

10th May	2022	Tuesday	14.00 hrs -15.15 hrs
17th May	2022	Tuesday	14.00 hrs -15.15 hrs
24th May	2022	Tuesday	14.00 hrs -15.15 hrs
31st May	2022	Tuesday	14.00 hrs -15.15 hrs

## 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..

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