

**SEPTEMBER 2022 – DECEMBER 2022**

**ONLINE TIMETABLE**

**BUCKINGHAMSHIRE RECOVERY COLLEGE**

*Hope, Control and Opportunity*

Buckinghamshire Recovery College offers courses to individuals who are over 18 years old, who live in Buckinghamshire or are employed by Oxford Health NHS Foundation Trust, currently access secondary mental health services and local substance misuse service, including, carers. The centre also offers teaching and coaching to staff members who may want to develop personally, and/or learn ways in which to support others with their recovery.

***All sessions are FREE . The 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. Students are welcome to enrol on up to three courses. Due to oversubscribed courses students are advised to place up to 5 preferences on their enrolment form . The College will endeavour to do its best to allocate students with their preferences, however they may not be allocated all three. Where courses are oversubscribed places will be allocated on factors i.e preference, if a student has recently undertaken the course and individual needs of a student . We understand the importance of staying connected and being able to feel supported during these un-certain times and hope that the online courses will help you feel supported and connected until we are able to run the courses as normal.

Please note that for a course to run there has to be a minimum of 4 students.

Students are expected to bring a paper and pen to sessions

**Students Code of Conduct**  
**As a student we expect you to:**

- ◆ Show respect to all students and staff.
- ◆ Be 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.

**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>**

## Artscape

*Tutors: Tom Cox, Heide Peck, Andrew Mutandwa*

\*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 a task at home 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."

26th September	2022	Monday	13:30 hrs - 15:30 hrs
3rd October	2022	Monday	13:30 hrs - 15:30 hrs
10th October	2022	Monday	13:30 hrs - 15:30 hrs
17th October	2022	Monday	13:30 hrs - 15:30 hrs
31st October	2022	Monday	13:30 hrs - 15:30 hrs
7th November	2022	Monday	13:30 hrs - 15:30 hrs

## Introduction to Confidence Building

*Tutors: Heide Peck, Paul Wells, Paula Salmon*

\*4 Week Course

Good mental health sometimes means saying "NO" loud and clear in setting healthy boundaries for ourselves and becoming more aware of our feelings, hopes and wishes as well. During the course there will be suggestions and examples which will help and encourage students to become more confident.

27th September	2022	Tuesday	10.30 hrs -11:30 hrs
4th October	2022	Tuesday	10.30 hrs -11:30 hrs
11th October	2022	Tuesday	10.30 hrs -11:30 hrs
18th October	2022	Tuesday	10.30 hrs -11:30 hrs

## Taking Charge: Staying Safe When Times Are Tough

*Tutors: Benedict Ssentume, Heide Peck, 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. "

28th September	2022	Wednesday	10.00 hrs – 11:15:hrs
5th October	2022	Wednesday	10.00 hrs – 11:15:hrs
14th October	2022	Friday	10.00 hrs – 11:15:hrs
19th October	2022	Wednesday	10.00 hrs – 11:15:hrs

## Stressbusters

*Tutors: Heide Peck, Helena Meadows and Paul Wells*

\*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.

29th September	2022	Thursday	10:30 hrs -11:30 hrs
6th October	2022	Thursday	10:30 hrs -11:30 hrs
13th October	2022	Thursday	10:30 hrs -11:30 hrs
20th October	2022	Thursday	10:30 hrs -11:30 hrs

## Medication Explored

*Tutors: Heide Peck, Zohaib Ansari, Paul Wells*

\*Workshop

This on-line course has been co-produced and co-facilitated with Zohaib Ansari 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.

30th September	2022	Friday	10:30 hrs - 11:30 hrs
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## Benefits of Pets and Nature

*Tutors: Heide Peck, Andrea Ruggeri, Paul Wells*

\*2 Week Course

The course will look at how Pets and Nature can benefit mental (and physical) health. Participants can explore how connecting with nature and interacting with Pets & Animals can help to increase happiness, promote calm & acceptance, increase confidence, improve sleep and general wellbeing. Discussion and strategies focus on how this can be used in everyday life.

31st October	2022	Monday	10:30 hrs - 11:30 hrs
7th November	2022	Monday	10:30 hrs - 11:30 hrs

## Sleep and Wellbeing

*Tutors: Heide Peck, Helena Meadows, 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.

1st November	2022	Tuesday	10:30 hrs -11:30. hrs
8th November	2022	Tuesday	10:30 hrs -11:30. hrs

## Levelling Up Course

*Tutors: Tutors: David Sparrow, Emel Soylu, Helena Meadows, Paul Wells*

\*6 Week Course

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**

2nd November	2022	Wednesday	10:30 hrs - 11:30 hrs
9th November	2022	Wednesday	10:30 hrs - 11:30 hrs
16th November	2022	Wednesday	10:30 hrs - 11:30 hrs
23rd November	2022	Wednesday	10:30 hrs - 11:30 hrs
30th November	2022	Wednesday	10:30 hrs - 11:30 hrs
7th December	2022	Wednesday	10:30 hrs - 11:30 hrs

## Book Club

*Tutors: Helena Meadows, Paul Wells , Heide Peck,*

\*4 Week Course

Reading is a recovery tool, and as a coping strategy has endless benefits. We will be looking at books, poetry, song lyrics during this course that is running online. Students are encouraged to have their favourite poem, or song lyrics to share amongst the group if they feel comfortable with doing so.

10th November	2022	Thursday	10:30 hrs - 11:30 hrs
17th November	2022	Thursday	10:30 hrs - 11:30 hrs
24th November	2022	Thursday	10:30 hrs - 11:30 hrs
1st December	2022	Thursday	10:30 hrs - 11:30 hrs

# Humour and Wellbeing

*Tutors: Andrea Ruggeri, Paul Wells Heide Peck*

\*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.

21st November 2022	Monday	10:30 hrs -11:30. hrs
28th November 2022	Monday	10:30 hrs -11:30. hrs

# Carers Matter

*Tutors: Di Hilson , Heide Peck, Paul Wells*

\*5 Week Course

## 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.

We will incorporate extensive opportunity for discussion, reflection and sharing of information, thoughts and ideas from all group members.

15th November 2022	Tuesday	11:00 hrs - 12:30 hrs
22nd November 2022	Tuesday	11:00 hrs - 12:30 hrs
29th November 2022	Tuesday	11:00 hrs - 12:30 hrs
6th December 2022	Tuesday	11:00 hrs - 12:30 hrs
13th December 2022	Tuesday	11:00 hrs - 12:30 hrs

# Student Forum Meeting

*Student Representative: Kirsty Evans, Jayne Sullivan*

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.