

OCTOBER 2023 – DECEMBER 2023

ONLINE TIMETABLE

BUCKINGHAMSHIRE RECOVERY

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.

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.
- ◆ 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

W: <https://www.oxfordhealth.nhs.uk/bucksrecoverycollege>

Becoming Your Own Friend

Tutors: Heide Peck, Andrea Ruggeri

*6 Week Course

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.

Time for reflection and discussion is an important part of the sessions and gives students the opportunity to share ideas and thoughts and the space to learn with and from each other.

2nd October	2023	Monday	10:30 hrs - 11:30 hrs
9th October	2023	Monday	10:30 hrs - 11:30 hrs
16th October	2023	Monday	10:30 hrs - 11:30 hrs
23rd October	2023	Monday	10:30 hrs - 11:30 hrs
30th October	2023	Monday	10:30 hrs - 11:30 hrs
6th November	2023	Monday	10:30 hrs - 11:30 hrs

Five Ways To Wellbeing

Tutors: Helena Meadows and Heide Peck,

*6 Week Course

Extensive research suggests that by including five steps of wellbeing into our daily routines we can significantly improve our sense of wellbeing. This course is designed to walk you through those five steps.

3rd October	2023	Tuesday	14:30 hrs - 15:30 hrs
10th October	2023	Tuesday	14:30 hrs - 15:30 hrs
17th October	2023	Tuesday	14:30 hrs - 15:30 hrs
24th October	2023	Tuesday	14:30 hrs - 15:30 hrs
31st October	2023	Tuesday	14:30 hrs - 15:30 hrs
7th November	2023	Tuesday	14:30 hrs - 15:30 hrs

Stressbusters

Tutors: Roberta Silva Heide Peck

*3 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.

11th October	2023	Wednesday	14:30 hrs - 15:30 hrs
18th October	2023	Wednesday	14:30 hrs - 15:30 hrs
25th October	2023	Wednesday	14:30 hrs - 15:30 hrs

Sleep and Wellbeing

Tutors: Heide Peck, Helena Meadows

*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.

15th	November	2023	Wednesday	10:30 hrs -11:30. hrs
22nd	November	2023	Wednesday	10:30 hrs -11:30. hrs

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. We look forward to seeing you and hope that you will find this course beneficial."

9th	November	2023	Thursday	13:30 hrs - 15:30 hrs
16th	November	2023	Thursday	13:30 hrs - 15:30 hrs
23rd	November	2023	Thursday	13:30 hrs - 15:30 hrs
30th	November	2023	Thursday	13:30 hrs - 15:30 hrs
7th	December	2023	Thursday	13:30 hrs - 15:30 hrs
14th	December	2023	Thursday	13:30 hrs - 15:30 hrs

Chapters

Tutors: Heide Peck, Roberta Silva, Helena Meadows

*4 Week Course

Reading is a useful recovery tool and has endless benefits as a coping strategy. During this online course, we will be looking at inspirational poetry and song lyrics, as example texts, to demonstrate the benefits of reading. Students are encouraged to bring along and share their favourite poem or song lyrics with the group, if they feel comfortable to do so.

20th	November	2023	Monday	14:30 hrs - 15:30 hrs
27th	November	2023	Monday	14:30 hrs - 15:30 hrs
4th	December	2023	Monday	14:30 hrs - 15:30 hrs
11th	December	2023	Monday	14:30 hrs - 15:30 hrs

Carers Matter You and your Wellbeing

Tutors: Di Hilson, Heide Peck

*4 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.

21st November	2023	Tuesday	10.00 hrs -12:00 hrs
28th November	2023	Tuesday	10.00 hrs -12:00 hrs
5th December	2023	Tuesday	10.00 hrs -12:00 hrs
12th December	2023	Tuesday	10.00 hrs -12:00 hrs

Student Forum Meetings

Student Representatives: Kirsty Evans, Stephen Chamberlin

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 the Zoom Platform

Dates and times to be confirmed