



BUCKINGHAMSHIRE RECOVERY COLLEGE

JANUARY 2024 – MARCH 2024

ONLINE TIMETABLE

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 services, 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 must 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 are 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 NOTE ALL COURSES ARE CONDUCTED ONLINE VIA MICROSOFT TEAMS, THEREFORE STUDENTS WILL NEED INTERNET ACCESS.

Any Queries Please Contact the Recovery College Contact us on:

T: 01865 90 1515

M: 07748 328 758

E-Mail: BuckinghamshireRecoveryCollege@oxfordhealth.nhs.uk or joseph.sullivan1@oxfordhealth.nhs.uk
<https://www.oxfordhealth.nhs.uk/bucksrecoverycollege>

Engaging with self and others.

Tutors: Andrea + Heide

*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.

Monday 15th January 1030hrs – 1130hrs

Monday 22nd January 1030hrs – 1130hrs

Monday 29th January 1030hrs – 1130hrs

Monday 5th February 1030hrs – 1130hrs

Monday 12th February 1030hrs – 1130hrs

Monday 19th February 1030hrs – 1130hrs

Benefits of Nature

Tutors: Heide +Charlotte

*4-week course

In this course we look at how Nature can help decrease your anxiety levels and can help lessen stress and feelings of anger. Exercise can also help this, but it's even better when you're outside. Regular access to green spaces has been linked to lower risks of depression and improved concentration and attention. Working with the green spaces project team, we aim to look at how being within nature can help us with our mental health.

Tuesday 16th January 1330hrs – 1430hrs

Tuesday 23rd January 1330hrs – 1430hrs

Tuesday 30th January 1330hrs – 1430hrs

Tuesday 6th February 1330hrs – 1430hrs

Chapters

Tutors: Heide, Roberta

*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.

Wednesday 17th January 1330hrs – 1500hrs

Wednesday 24th January 1330hrs – 1500hrs

Wednesday 31st January 1330hrs – 1500hrs

Wednesday 7th February 1330hrs – 1500hrs

ARTSCAPE

Tutors: Tom + Heide

*6-week course

This online course will explore the benefits of art for mental wellbeing and is co-designed and co-facilitated with Tom Cox from the Oxford Health Arts Partnership. This will be a practical course and participants will be required to complete weekly exercises that they will share and talk about with the group. The course is designed to stimulate participants' creative health, teach simple art skills, provide distraction and be fun. Participants will make artwork individually, and then share their work collaboratively. It is a safe space to experiment and learn new techniques in art and wellbeing.

Thursday 18th January 1330hrs – 1530hrs

Thursday 25th January 1330hrs – 1530hrs

Thursday 1st February 1330hrs – 1530hrs

Thursday 8th February 1330hrs – 1530hrs

Thursday 15th February 1330hrs – 1530hrs

Thursday 22nd February 1330hrs – 1530hrs

Benefits of Pets

Tutors: Heide + Andrea

*4-week course

This course will look at how pets can benefit our mental (and physical) health. Participants can explore how interacting with pets can help to increase happiness, promote calm and acceptance, increase confidence, improve sleep and general wellbeing. Discussions and strategies focus on how this can be beneficial in our everyday lives.

Monday 26th February 1030 – 1130

Monday 4th March 1030 – 1130

Monday 11th March 1030 – 1130

Monday 11th March 1030 – 1130

ASSERTIVENESS

Tutors: Joe + Heide

*6 Week course

This course will help students to explore skills and knowledge that may help to enable them to communicate more confidently and effectively using assertive behavioural techniques. This online course offers participants the opportunity to work on their own personal lives in situations they wish to be more assertive.

Tuesday 13th February 1330hrs - 1430hrs

Tuesday 20th February 1330hrs – 1430hrs

Tuesday 27th February 1330hrs – 1430hrs

Tuesday 5th March 1330hrs – 1430hrs

Tuesday 12th March 1330hrs – 1430hrs

Tuesday 19th March 1330hrs – 1430hrs

Stressbusters

Tutors: Heide + Roberta

*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.

Wednesday 21st February 1330hrs – 1430hrs

Wednesday 28th February 1330hrs – 1430hrs

Wednesday 6th March 1330hrs – 1430hrs

Wednesday 13th March 1330hrs – 1430hrs

Sleep and wellbeing

Tutors: Heide + Joe

*4-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.

Thursday 29th February 1030hrs – 1130hrs

Thursday 7th March 1030hrs – 1130hrs

Thursday 14th March 1030hrs – 1130hrs

Thursday 21st March 1030hrs – 1130hrs

Student forum meetings

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.

Times and student reps to be confirmed during spring term 2024.