

Recovery College

Your Journey, Your Way to Wellbeing!





Recovery College

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Your Journey, Your Way to Wellbeing



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WELCOME TO RECOVERY COLLEGE

We are glad you chose Recovery College to help you with your recovery journey. Whether you are just going through stressful time, or started your mental health recovery, we hope you will find some courses that will be useful for achieving the wellbeing that you want.

We believe that everyone should have access to good mental health information and support. That is why we have designed a range of short sessions for those who need just a little bit of support, and longer courses that lasts 4 weeks for those who want to delve deep and learn new ways of coping, get to know their mental health better and focus on mental health education.

We also offer few short sessions for your support network. Having an effective support network is very important part of recovery and we believe that mental health education for your supporters should be integral part of recovery college.

So welcome to Recovery College. Start building your journey your way.

Sincerely,

Recovery College Team

FOR STUDENTS

WHAT TO EXPECT

We will try and create safe and supportive, non-judgemental environment where sharing ideas and options is valued.

Courses will be delivered in a hybrid way and you can choose how you want to participate - face to face in North Lincolnshire Mind premises or via Zoom if you live further or can not participate in person for any other reason. Please note that all courses are for 18+ only.

We will try our best to accommodate specific requirements for you to be able to access courses, however, sometimes we may not be able to do so. But we promise you that we will work with you to find best solutions.

All materials needed for the courses will be provided - you don't need to bring anything.

All our courses are free, but any voluntary donations are welcome.

Each session lasts up to 2 hours with a short comfort break during the session.

There will be tea and coffee available during sessions.

We are not clinicians so we are not able to provide any information on medication or therapies. Our focus is mental health education and empowerment through self management.

WHAT WE EXPECT

Recovery and good wellbeing is at the heart of what we do, therefore we focus on positivity, solutions and hope.

We believe that education and your wellbeing is a commitment, therefore we ask that if you cannot attend a session please let us know as soon as possible - we may be able to offer a place for someone else.

Please inform us if any of your details have changed - sometimes we may need to contact you (e.g. inform about cancelations).

There is no limit how many courses you can book for, but we recommend not more than 3 short courses or one longer course at any time.

HOW TO ENROLL

It is easy to enrol to any of the courses - just come to one of our Enrolment Days on the first Monday of each month (excluding bank holidays) where we can advise you on dates and times of the course and fill the registration form.

If you can't attend an enrolment day before the course starts can you call us on 01724 279 500 and tell us which course you would like to attend.

AVAILABLE COURSES - SPRING/SUMMER 2024

NAME OF THE COURSE	DATE	TIME
Short Sessions		
Mindfulness That Works For You	Monday 25 March	4 - 6pm
Inner Critic Speaking: Manage Unhelpful Self Talk	Tuesday 16 April	2 - 4pm
Effective Communication	Wednesday 22 May	2 - 4pm
Problem Solving and SMART Goal Setting	Tuesday 4 June	2 - 4pm
Full Courses*		
Manage Anxiety and Panic Attacks	Saturday 2, 9, 16 & 23 March	10am - 12pm
Dealing with Loss and Change	Tuesday 12, 19 & 16 March and 2 April	2 - 4pm
Manage Overthinking	Thursday 12, 21 & 28 March and 4 April	4 - 6pm
Wellbeing and Work	Wednesday 17 & 24 and 1 & 8 May	4 - 6pm
Manage Depression	Thursday 18 & 25 April and 2 & 9 May	2 - 4pm
How to Manage Stress	Tuesday 30 April and 7, 14 & 21 May	2 - 4pm

* Please note that ALL sessions must be attended in order to complete full course.

Anger and How to Manage it	Saturday 4, 11, 18 & 25 May	10am - 12pm
Self Esteem For Life	Wednesday 5, 12, 19 & 26 June	2 - 4pm
Self-Care Essentials	Thursday 6, 13, 20 & 27 June	2 - 4pm
Assertiveness	Monday 17 & 24 June and 1 & 8 July	4 - 6pm
Keeping Yourself Well in the Stressful World	Tuesday 2, 9, 16 & 23 July	2 - 4pm
Effective Wellness Tools for Work and Life (IN PERSON ONLY)	Wednesday 3, 10, 17 & 24 July	4 - 6pm
For Carers		
How to Support Someone with Mental Health Issues	Monday 22 April	4 - 6pm
Things are Not Well: Recognise First Signs	Monday 13 May	4 - 6pm
After Crisis: What to Expect and How to Support	Monday 10 June	4 - 6pm
Taking Care of Yourself	Monday 22 July	4 - 6pm

SHORT SESSIONS

Effective Communication

This short session will explore what effective communication is and what hinders communication. You will also learn what is active listening and why it is important part of any communication.

At the end of the session you will be able to recognise communication blockers and boosters that could benefit you in your personal and professional life.

Mindfulness That Works For You

Mindfulness goes by many names, but in essence it is just a practice of being present. Practiced regularly it could help you to feel better, manage anxiety and low moods.

In this short session we will discover what mindfulness is and what it isn't and how it can help you in your recovery journey.

Problem Solving and SMART Goal Setting

This short session focuses on two very important techniques that you can use in your personal and work life: SMART goal setting and problem solving. Sometimes mental health recovery is all about learning few simple techniques.

Problem solving is one of the skills that will help you in many aspects of your life: from work to family life, managing little stresses in your life, to dealing with big life changes.

SMART goal setting will help you set yourself positive (and most importantly realistic and achievable!) goals that will help with your recovery.

Inner Critic Speaking: Manage Unhelpful Self Talk

In this short session we will practice recognising our internal critic, learn strategies how to manage negative self-talk and convert it into more realistic and supportive inner monologue.

We will also explore the strategy of positive affirmations and the importance of being kind to yourself.

FULL COURSES

Self-Care Essentials

Our mental health often depends on little but very important daily essentials like good sleep, healthy diet, physical exercise and rest. This course will focus on developing positive routine and encourage to build good daily habits.

Sleep hygiene

Food and mood

Exercise your way to wellness

Relaxation your way

Self-compassion



Wellbeing and Work

In recent years work has undergone a drastic change for a lot of us and for many coming back to 'normal' can be even more stressful than starting working remotely. Mental health is one of the leading causes of sickness absences in UK and a growing number of employers are recognising that taking care of employees wellbeing pays. In this course we will discuss how to take care of your wellbeing at work, learn few strategies that would help you solve problems, prioritise your workload, become more assertive at work and much more.

Workplace Wellness Recovery Action Plan (WRAP)

Good time management and prioritising

Assertiveness and problem solving

Expanding your wellness toolbox at work and your rights

Keeping Yourself Well in the Stressful World

Almost 3 in 4 adults in UK have felt so stressed at some point over the last year they felt overwhelmed or unable to cope. Stress is reaching epidemic levels in our world and in the last couple of years the levels of stress were increasing for a lot of us. This course will focus on stress, explain how stress affects our ability to cope and what we can do to manage stress better.

Everything about stress and most common stressors today

Making your stress container bigger: 5 ways to wellbeing

Coping strategies and techniques

Automatic negative thoughts and how to manage it

Assertiveness

This course is for everyone who is interested in assertiveness and want to learn how to use it to achieve work and personal goals. We will discuss what assertiveness is and what it isn't, analyse different situations and try to identify our own communication style.

Assertiveness and other communication styles

Communication blockers and boosters

Different assertiveness techniques

Dealing with criticism in an assertive way

How to Manage Stress

The last few years has been particularly stressful for a lot of us and although stress is not mental health diagnosis, prolonged stress can contribute to poor mental wellbeing. In this course we will focus on stress and main stresses in life, learn how to recognise it and learn to manage it in more positive way.

Everything about stress: types, causes and effect

Thinking patterns and stress

Useful techniques to manage stress

Stress essentials: daily self care

“The greatest weapon against stress is our ability to choose one thought over another.”

William James

Self Esteem for Life

Self esteem plays very important part in our wellbeing at work and personal life. Good self-esteem gives us confidence, makes us feel better about ourselves and others, encourages us to be open to new experiences. This session will focus on what makes our self esteem low, how to recognise negative self-talk and manage it better in order to develop healthy self-esteem.

Everything about self esteem

Self-esteem and negative thinking

Challenging negative self-talk

Focusing on me: positive qualities and activities

Manage Depression

Depression is one of the most common mental health problems and although we all feel low sometimes, depression is a diagnosis that affects people's everyday lives. In this course we will discuss what is depression and its symptoms, how positive activities could help you feel better and the role of thinking in depression. We will also discuss how to challenge unhelpful thoughts to manage depression better

Depression and symptoms

Depression and activity levels

Role of thinking in depression

Challenging unhelpful thinking

Manage Anxiety and Panic Attacks

Anxiety is one of the most common mental health issues in UK and although it can affect our lives negatively, there are ways to manage it better. In this course we will explore what anxiety is and what behavioural, physical and cognitive effect it has on us. We will also learn how to challenge unhelpful thoughts and share other tips to deal with anxiety better. Also, at the end of each session we will try different relaxation techniques.

What is anxiety and causes of anxiety

Manage anxiety by challenging negative thoughts

Self help: choose your behaviour to challenge anxiety

Other ways to deal with anxiety

Manage Overthinking—improve your work and life

If overthinking affects your life this course may be just for you! This course explores what overthinking is and how it can affect our wellbeing, what are the most common thinking distortions that we use and how to prevent negative thoughts running your life.

Overthinking or thinking over: finding a middle ground

Most common negative thinking patterns

Challenging overthinking

“You don’t have to control your thoughts. You just have to stop letting them control you.”

Dan Millman

Effective Wellness Tolls for Work and Life (in person only!)

Hands on course for everyone who would like to try different wellness tools and incorporate the most effective ones into their daily routine. Each session we will explore different coping strategies and discuss how to practice effectively each of those in different situations.

Mindfulness

Creativity

Exercise

Journaling

Dealing with Loss and Change

‘There is nothing permanent except change’ said ancient philosopher Heraclitus. Although change is inevitable, it may be quite difficult to deal with changes related to work and personal life. This course is developed to help you deal with change better, whether it’s the loss of the loved ones or changes in work related activity. It will help you understand why we feel the way we feel about changing circumstances and what we could do to help ourselves when we experience unexpected, unwanted and uncontrollable changes.

Anger and How to Manage it

We all have variety of emotions that we do not like or that can cause problems in our lives and anger is probably one of those. In this course we will be discussing what anger is and explore techniques that would help you deal with anger better

Understanding anger

Challenge unhelpful thinking

Anger and assertiveness

Cope with criticism and disappointment better

FOR CARERS

We are all affected by mental health issues. 1 in 4 people experience mental health issues each year so a lot of us probably know someone who suffers with mental health issues or has family member/friend who needs support. Having an effective support network could speed the recovery and prevent relapse, but sometimes even support network needs support. Therefore we have designed a few short courses for people who support family and friends with mental health issues.

How to Support Someone with Mental Health Issues

This short course could give you more confidence in supporting someone with mental health issues. In this session we focus on what you could do to give reassurance and support, what to avoid and how to work with person towards their recovery.

Things are Not Well: Recognise First Signs

Early intervention makes recovery quicker and can prevent mental health becoming worse. Recognising first signs and symptoms of MH problem in your spouse or a friend and knowing what to do is very important for their wellbeing and yours. This short session will focus on most common mental health issues and give you tools that will help you identify first symptoms.

After Crisis: What to Expect and How to Support

Crisis can be a frightening experience, but coming back to daily routine after crisis can be no less daunting.

This session is designed to introduce the importance of post crisis care and to offer some tips and suggestions that would make the transition from crisis to daily life better.

Taking Care of Yourself

Supporting others starts from taking good care of yourself. We will explore the 5 ways to wellbeing and other ways to have good mental health.

We will also debunk myths about self-care and why it is important to focus on you while supporting someone else.

STUDENT'S CODE OF CONDUCT

We ask our students to follow general code of conduct of North Lincolnshire Mind as well as:

- ◇ Be considerate and respectful to others, behave in a manner that fosters mutual respect and understanding
- ◇ Respect other people (their life choices, beliefs, opinions)
- ◇ Attend sessions that you registered for
- ◇ If you cannot attend session please let us know as soon as possible (call 01724 279 500, email support@nlmind.org)
- ◇ Be on time
- ◇ To use appropriate channels for complaints and concerns
- ◇ Keep your mobiles off or on silent mode
- ◇ Refrain from using alcohol, recreational drugs and unprescribed medication before or during sessions
- ◇ We will not tolerate discrimination or harassment
- ◇ Do not behave in a way that may be considered harmful or disruptive or may result in physical or emotional harm to other students or facilitators
- ◇ Report immediately any health and safety concerns

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