



RECOVERY COLLEGE PROSPECTUS 2020/21

WELCOME TO THE **RECOVERY COLLEGE PROSPECTUS 2020/21**

Welcome to our 2020/21 prospectus for the Recovery College. This prospectus will give you an overview of all the courses we plan to facilitate over the coming year, including a number of new courses such as Managing Change and Self-Care.



Like all services, the Recovery College has experienced many changes over the recent months. The COVID-19 pandemic and subsequent government restrictions resulted in all Recovery College courses ceasing in community venues, and instead being delivered online via Zoom.

This has brought many challenges for both the College and students, but we have worked hard to ensure the courses continue to support and educate during these difficult times. The students who have engaged to date report sessions are beneficial, and a good way in which to stay connected with the College and fellow students.

Like the community courses, all our online sessions are free to attend. They have been designed and are delivered by peer trainers with lived experience of mental health challenges, alongside professional staff with learned experience. Everyone is welcome to attend the workshops including staff, carers and anyone from the general

public who wishes to learn more about their own mental health and general wellbeing.

Registration for our online sessions is a similar process to normal. To find out how to apply please check page 6.

We are very aware in the College that learning online is new for many of us, and you may be apprehensive and unsure about doing this. If you would like to speak with a member of the Recovery College team prior to attending a session, please contact us on 02894 413449. This will provide an opportunity to ask any questions and offer reassurance about the sessions.

It is likely that our courses will remain online for at least the first 6 weeks of term as many of our usual venues remain closed. We will review this regularly in line with government restrictions and keep you all updated with any changes.

Throughout this time, we ask people to continue to think about the Recovery Principles of 'Hope, Opportunity & Control'. Hope and positivity remain important for our well-being. Although this is a very challenging time, we can hold onto that hope that nothing stays the same forever. This new way of living provides us with Opportunity to learn more about ourselves and our world. And while there are many elements of this situation that are out of our control, we have the control to choose how we respond to it and our feelings around the situation. We also have the Control to adhere to any government guidance and restrictions that may be placed on us, in the knowledge that this is part of the fight against COVID-19.

Take care, keep safe and remember -
You've Got This!

The Recovery College

WHO'S WHO IN THE RECOVERY COLLEGE

ADMIN TEAM



Stephanie Minford



Blair Purdy



Janice Gray

COLLEGE MANAGER



TRAINERS



Audrey
Montgomery



Margarette
O'Donnell



Gwen
Blackwell



Paul
McCarroll



Claire
Stuart

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CHANGES TO THE **PROSPECTUS**

Although we had a great response to the 3 separate prospectus in the last year, we will be producing only 1 prospectus this academic year.

This prospectus lists all the courses we hope to deliver throughout the year, and a timetable will be produced separately detailing dates/times of the courses. As we are still living through the COVID-19 pandemic we have found ourselves in the situation where lots of our community venues are still unable to open due to government restrictions. It is anticipated that all of our courses will

be delivered via Zoom until at least the Halloween period, but it is something we will be reviewing in line with government restrictions.

We have included a step by step guide for Zoom on page 22 for those who may not be familiar with it and how to use it.

HOW TO APPLY

You must register in order to book your place on courses (we can help you with this).

Return the registration form inside this prospectus to:



Recovery College Hub,
Carrick 3,
Holywell Hospital Site,
60 Steeple Road
Antrim, BT41 2RJ



Register online via
www.mentalhealthrecoverystories.hscni.net/recovery-college-registration-form/

RECOVERY MODEL

In mental health, recovery does not always refer to the process of complete recovery from a mental health problem in the way that we may recover from a physical health problem.

Putting recovery into action means focusing on supporting recovery and building resilience, not just treating or managing symptoms, and staying in control of their lives despite living with mental health. There is no single definition of the concept of recovery, but the principle is hope – ‘the belief that it is possible for someone to regain a meaningful life’.

The Recovery College uses the Recovery Model within their approach to course production. The model aims to help people look beyond mere survival and existence. It encourages people to

move forward, set goals and develop relationships giving their lives meaning.

Recovery emphasizes that, while people may not have full control over their symptoms, they can have full control over their lives. Recovery is not about ‘getting rid’ of problems. It is about seeing beyond a person’s mental health, recognizing their abilities, interests, and dreams. Experiences of mental illness can provide opportunities for change, reflection and discovery of new values, skills and interests.

Based on content from www.mentalhealth.org.uk



E-mail your information to: recovery.college@northerntrust.hscni.net



Call us on 028 9441 3449 to complete registration over the phone

WHAT

HAPPENS NEXT?

- Once you have registered for any courses, you will receive a letter of confirmation detailing all the courses you have registered for, or have been placed on the waiting list for. You will then receive a reminder text (advisable to provide a mobile number) 1 week prior to the courses and then again the day before with codes required for logging in to Zoom session
- Attend your chosen sessions. If you can no longer attend, please contact us as soon as possible so we can offer your place out to those on our waiting lists!

WHAT HAPPENS ON THE ZOOM SESSIONS?



Our courses being delivered on Zoom are slightly different to how they would have been delivered in the community, and have been adapted for online. When you now register for a course online you will receive your confirmation letter as normal, but in addition you will also be provided with a copy of our Support Document. This has been co-produced in house, as through trialling online courses it was difficult to complete on the day. Once registered for a course you will receive its Meeting ID and Passcode the day prior to the course commencing. This will be either emailed or text to students (it is advisable to provide us with a mobile number to receive text reminders). On the day of your course when you log in to the meeting you

will be welcomed by our 2 trainers who will start the course once everyone has joined. They will talk through the support document you have already received, and then explain that students will then be muted for the duration of the course. This is to ensure that all students get the best out of the course and benefit from this. When students have not been muted there is a lot of background noise coming through, making it difficult for the trainers and other students to hear properly. At the end of the course the trainers will explain that everyone will be contacted directly for feedback from the Admin Team, and if you would like any further information on the course you will be given the opportunity then to ask.

OUR CHARTER

You can expect us to:

- Handle your enquiries in a friendly and professional manner
- Give you comprehensive details of our online sessions delivered via Zoom
- Respect diversity and individuality
- Provide you with a safe, warm and friendly learning environment in which everyone is treated with dignity and respect
- Maintain a focus at all times on learning rather than treatment or care
- Welcome any feedback about the College
- Explain the safety policies and procedures of any third-party venue where training is delivered

STARTING YOUR COURSE

What happens in the first session?

In addition to starting to learn about your chosen subject you will...

- Be introduced to Co-Facilitators and fellow students
- Be given an overview of your session and what each week will cover
- Will receive signposting materials at each session relevant to that subject

WE EXPECT YOU TO:

- Provide us with the information required to enrol you at the College
- Not feel the need to disclose anything at all regarding personal or professional life
- Attend courses punctually and let us know if you are running late, or can no longer attend
- Make the most of your time with us and respect the personal rights of all College members
- Not behave in any way that may be considered threatening or disruptive or is likely to upset other students or staff
- Take personal responsibility in contributing to a safe, comfortable and friendly learning environment – including refraining from the use of alcohol, un-prescribed medication or illegal substances
- Understand the Recovery College exists as a place of learning; not as a therapy or treatment centre
- Treat public venues with respect and adhere to their policies and procedures
- Respect diversity and individuality

TIPS FROM STUDENTS FOR **ONLINE SESSIONS**

- Be prepared! Download the app in advance of starting the session as it can take some time to get on if you haven't used Zoom before
- Make sure you have the codes at hand needed for joining the Zoom session (if you need help contact the College)
- If possible complete session in a space free from distractions, and bring refreshments with you so you do not have to miss any of the session
- When the session is underway, keep yourself on mute as this will eliminate any background noise and will not disturb others from hearing the trainers
- Bring a pen and paper if you feel you would like to take down any notes
- If you think you are running late or are unable to attend call the Recovery College as soon as possible
- If you want to know any more information about the sessions, contact the Recovery College and the staff will be more than happy to help with any queries you may have
- If another person wishes to attend alongside you, this is fine as long as they contact the College and register for the session the same as others have



NHSCT Recovery College Registration Form

Protecting and Using your information

In order for Northern Health and Social Care Trust to help provide a service for you we need to know some information about you. Personal information that we process about you is governed by the Data Protection Act 2018 and the General Data Protection Regulation (GDPR)

We only collect the information we need to, this is all included on our registration form. Information you provide to us is recorded on a paper file and also on our computer systems. We collect this information to be able to contact you in regard to the workshops you have registered for, and any other information you have agreed to receive.

Your information may also be used for gathering Recovery College statistics.

There is no limit on the number of workshops you wish to register for!

Please post your completed form to:

The Recovery College Hub, Carrick 3, Holywell Hospital Site, 60 Steeple Road, Antrim, BT41 2RJ

Or email all the details to: **recovery.college@northerntrust.hscni.net**

You can register online via

<http://www.mentalhealthrecoverystories.hscni.net/recovery-college-registration-form/>

You can send us a private message through our Facebook page '**The Northern Region Recovery College**'. By liking our page, you will be kept up to date with any new information we have.

Or you can ring us on **02894 413449** and register over the phone. If you get our answering service, please leave us your name and number and a brief message and we will get back to you as soon as possible.

Are you a returning Student? Yes No

Are you registering to support someone? Yes No

Employment Status: Employed Unemployed/Retired Student

❖ If you do not wish to be added to our mailing list for future prospectus,
please tick

❖ If you do not wish to be contacted with further information or courses
relating to those you have attended, please tick

❖ If you do not wish to be contacted regarding WRAP Support Groups
please tick

PERSONAL AND CONTACT DETAILS	
Full Name*	
Date of Birth*	
Current Address*	
Postcode*	
Telephone*	
Mobile <i>(This is advisable to provide to receive text reminders)</i>	
Email address	
CONTACT DETAILS IN CASE OF EMERGENCY	
Contact name	
Contact telephone	

***Required Fields**

Course 1	
Date(s)	
Venue	
Course 2	
Date(s)	
Venue	
Course 3	
Date(s)	
Venue	
Course 4	
Date(s)	
Venue	
Course 5	
Date(s)	
Venue	

Please continue on a separate sheet if registering for more than 5 courses

Please outline in brief any difficulty which may make it hard for you to attend or fully benefit from any courses you have registered for. This could connect to mental health learning difficulties or a disability issue (including reading and writing).

Attending/Cancelling a course

Please ensure you register for any courses you would like to attend. Numbers are limited on each course, so it is vital you register - You should not show up for a course that is fully booked. If a course is fully booked you will be placed on a waiting list and contacted if a space becomes available.

If you have registered and can no longer attend a course you have registered for, **please contact us as soon as possible**. You can contact us via telephone, email and Facebook.

Important information

Please be advised **all venues and dates are subject to change**. Please ensure you have provided us with a current contact number so we can notify you of any changes that may occur.

If you wish to be removed from any of our mailing lists, please contact the Recovery College stating which lists to be removed from

FREQUENTLY ASKED QUESTIONS

Who can attend Recovery College courses?

Our courses are open to anyone aged 16+. We do not take referrals; it is self-registration. They are open to everyone including staff, carer's, and anyone from the general public

Where will the course be held?

At present all our courses are delivered via Zoom. We hope to be back in the community very soon. We will review this regularly in line with government restrictions

How much do courses cost?

The courses are all free, but you must enrol before attending.

Can I enrol over the phone?

Yes. To register over the telephone, we will require the following details: Name, date of birth, address and postcode, contact number and an emergency contact.

Can someone attend with me?

Yes, anyone can attend our courses.

Even if someone is coming to support you but they must register also and will be involved in the course the same as other students

What if I can no longer attend a course I have booked?

Contact the Recovery College as soon as possible! Our courses have waiting lists and if you can no longer attend these can be offered to those on the lists.

What happens on a course?

We aim to make our courses friendly, informative, and enjoyable. Two trained facilitators deliver each class; one is a peer with relevant lived experience, who will share their own recovery journey as part of each course session, the other is an expert by profession, facilitating in their field of knowledge and expertise



RECOVERY COLLEGE GRADUATION

At the end of the academic year, students who have completed 4 or more courses (80% attendance at the individual course is required) will be invited to our Graduation. Here students can celebrate their achievements with fellow students and enjoy the activities put on.

On 28 June 2019 we held our second Graduation in the Adair Arms. This was a relaxed day of celebrations with everyone having the opportunity to partake in different crafting activities followed by lunch then everyone participated in creating music with drums facilitated by Joe in the Gathering Drum. Everyone invited to the day had the opportunity to get their photograph taken in Graduation Gowns to mark the day for themselves.



GRADUATION 2020

Our third Graduation was due to take place in the Dunsilly Hotel on 3 July. Unfortunately, due to COVID-19 this had to be cancelled. We did however still recognise everyone's achievements, and for all those who had already completed or had registered for 4 or more courses received their Certificate of Completion via post.



OUR COURSES

Our courses are split into 3 categories: Living with/understanding, Managing & Facilitating. The key below shows what each category is for:

LIVING WITH / UNDERSTANDING

These courses are designed to assist your understanding of recovery. They are designed to acknowledge your experience and to explore healthy lifestyles and self-management; to give you hope, to underpin your ability to live a satisfying and meaningful life, whether or not you have continuing difficulties with your mental health.

MANAGING

These courses are designed to support the use of the recovery model to chart and manage the impact of illness and to understand and share with others about your own recovery.

FACILITATING

These courses are designed to consider the value of your recovery story and how you may develop the skills to enable others to do likewise.

Title: Living with/understanding Anxiety

Overview: This course will provide information about Anxiety. It will explore common symptoms of anxiety, and highlight ways that may help manage these. We will also guide you through an optional short relaxation exercise.

Title: Personality Disorder – A Diagnosis for Inclusion

Overview: This short workshop/introduction gives us an insight into Personality Disorder, challenging some of the misconceptions we may hold

Title: Managing Persistent Fatigue

Overview: This course is aimed at individuals who are experiencing persistent fatigue for known or unknown reasons. The aims are to help individuals to understand the factors that can contribute to persistent fatigue, also, to help individuals develop fatigue management strategies when carrying out those day to day activities which are important to them.

Title: Understanding Stress

Overview: This short workshop will look at the causes of stress and discuss simple techniques to manage stress.

Title: Living with/understanding Depression)

Overview: Depression goes beyond feelings of sadness or unhappiness and can deeply disrupt how we think, feel and live our daily lives. This course covers essential information about depression and how it can impact individuals in many different ways. During this course we will have an opportunity to explore further and learn from each other.

Title: Autism Spectrum Disorder

Overview: Sometimes autistic people struggle to make sense of their feelings and the feelings of others. In this introductory course we will discuss helpful ways to recognize and manage emotions.

Title: Feeling Comfortable in your own Skin

Overview: This course will explore positive and negative body image and what factors can influence how we feel about ourselves including the media. We will explore options and choices that we can make to create a positive body image, empowering us to value ourselves and our uniqueness.

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Title: Living with/understanding Fibromyalgia

Overview: Fibromyalgia is a very misunderstood condition. The aim is to educate everyone on how someone who suffers from fibromyalgia may improve their life with this condition on a daily basis. This course provides an insight into managing symptoms such as pain, sleep, and fatigue, as well as self-help, and relaxation treatments supporting each individual with their journey.

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Title: Bipolar

Overview: In this workshop we will give an overview of the common features of Bipolar Effective Disorder and practical ways to manage and support.

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Title: Living with/understanding Schizophrenia/Psychosis

Overview: This course aims to allow students to gain awareness of what schizophrenia/psychosis means. We will explore issues relating to the process of diagnosis, possible treatment options and what has been reported as effective. We will also explore personal experiences of schizophrenia/psychosis and some useful ways people have found to manage their own experiences.

Title: Building Resilience

Overview: Life is full of challenges, but given the current pandemic being resilient is more important than ever. This course will explore ways to build resilience and develop skills to help us cope.

.....

Title: Improving Sleep

Overview: This course will provide information about the common causes of sleep difficulties. We will also look at how much sleep we need and explore some practical ways in which may help overcome our sleeping problems.

.....

Title: Self-Care

Overview: Self-care is a general term that describes everything we do deliberately for our mental, physical and emotional well-being. It encourages us to maintain a healthy relationship with our self and others. Self-care is something many may struggle with as we are faced with overwhelming responsibilities in life. We often forget to take care of our own personal needs. This course aims to bring our focus to our own wellbeing, to remind us that we are important too. We cannot give to others what we don't have ourselves.

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Title: Being Mindful Everyday

Overview: This course, although not a mindfulness course, will introduce you to ways in which we can be more mindful every day. We will explore the importance of 'listening to ourselves' and being present in all that we do

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Title: Internet Safety

Overview: The internet can be an amazing place where we can educate ourselves and connect with people from all around the world. It is however important we recognize that the internet can be dangerous with risks we should be aware of. In this workshop we will discuss current scams and the importance of being mindful of the information we share online.

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Title: Managing Change

Overview: For many of us the challenge of adjusting to change can be difficult. This course explores some of the common responses to change. We will look at strategies that we can use to help us manage change.

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Title: 5 Ways of Wellbeing

Overview: Most of us know when we are mentally and physically well, but sometimes we need a little extra support. Research highlights there are 5 simple that if incorporated into our routines can help and maintain our wellbeing. This workshop will hopefully give you ideas on ways to build these five steps into your life.



Title: Discovering Everyday Mindfulness

Overview: This workshop will support us to learn you how to tune into our senses and discover when we are tense and unhappy. This can support us to make more informed choices and decisions about how we live our lives. This workshop will give you practical ideas about how we can learn to “listen to ourselves” more effectively. This skill can have a real impact on your everyday life and help you make decisions that are right for you.

Please note: You will be asked to complete a pre-workshop questionnaire prior to the workshop commencing.



Title: Arts & Crafts for Wellness

Overview: This workshop will explore a variety of arts and crafts. Students will be introduced to how arts and crafts activities can support our wellness. They will have the opportunity to learn new skills.



Title: WRAP (Wellness Recovery Action Planning)

Overview: Wellness Recovery Action Planning is for anyone who wants to create positive changes in the way they feel, to help make changes in their life and increase their enjoyment of life. WRAP will help you deal with uncomfortable feelings, to find and maintain hope, to have choices and to build existing strengths and abilities

Please note: The minimum numbers required for this workshop to run is 8. If the minimum numbers are not reached the workshop will be cancelled 7 days prior.



Title: What is an Addiction?

Overview: This workshop is an overview of addiction, discussing the different types of addiction, and what supports/tools may be available.



Title: Healthy Me

Overview: This course is designed for adults hoping to change their attitudes towards food and exercise to maintain a healthier lifestyle in the future. We will look at key areas such as the Eatwell Guide, calories in food and portion control. We will also explore ways in which you can increase physical activities throughout your day.



Title: Reading for Wellness

Overview: In this course we will explore a variety of short stories and poems. We will look at how reading can be used as a wellness tool for ourselves, and support us in our overall health and wellbeing.



Title: Understanding Advocacy

Overview: Within mental health services, an advocate is someone that can represent and defend the views, needs, wishes, worries or rights of people who feel unable to do this for themselves. This workshop can be accredited by the Open College Network, leading you to have a formal certificate* which is optional for a small fee. This can give you the power to develop the knowledge and skills needed to be a good advocate for both yourself and others.

*Open College Network (OCN) Accredited Level 2





You do not need to create a Zoom account to join a meeting but feel free to make one if you wish – Zoom is completely free to use!

1. First of all you need to access the zoom website at: www.zoom.us or if you are using a smartphone/tablet you can download the app which is called 'ZOOM Cloud Meetings'. You may be asked to download Zoom to your device when going through the website, it would be advisable to do this at least 30 minutes prior to the session starting
2. When you visit the website/load the app, you will see an option at the top of the screen saying "Join Meeting"
3. Once you click this option, it will prompt you for a Meeting ID which you should have received; this will be a 10 or 11 digit numerical code. You will be given an option to enter your name, this will be helpful so facilitators know who is online
4. Once you enter the Meeting ID, it will then ask you for the password which you should have received, it will always be a 6 digit numerical code
5. When you enter the meeting, it will ask you to 'Join Audio' – if you're using a smartphone/tablet it will give the option of 'Call via Device Audio' just click this option so that everyone can hear you! If you are using a laptop/computer it will give the option of 'Join with Computer Audio' if you click this then everyone will now be able to hear you!
6. Once you have turned on your audio, it will then give you an option to start video – this means everyone will be able to see you. If you are using a smartphone/tablet it will give the option along the bottom of 'Start Video' by clicking this it will turn on your front camera and everyone will be able to see you. If you are using a laptop/computer it will also give you the same option along the bottom of the screen saying 'Start Video', you will need a webcam or a camera built into your laptop/computer to use this feature
7. You are now ready to interact with us by following these steps! Always remember that you can turn off your audio and video at any time

If students do not have access to the internet or a device for Zoom, students can dial in via telephone. For more information on this please contact the Recovery College.

EDUCATION AT THE RECOVERY COLLEGE

These workshops are all free and open to everyone including staff, carer's, and those wishing to learn more about that particular subject.

Please contact the Recovery College to be added to our mailing list.

For more information please contact us on:



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