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Humber Recovery  
& Wellbeing College



# Recovery and Wellbeing College Autumn/ Winter Prospectus 2023



[humberrecoverycollege.nhs.uk](https://humberrecoverycollege.nhs.uk)

## **ABOUT THE HUMBER RECOVERY AND WELLBEING COLLEGE**

The Recovery and Wellbeing College uses an educational model and a focus on lived experience and personal strengths to promote good mental wellbeing within the community. We also aim to challenge stigmas associated with mental health. Your college welcomes people from all walks of life and backgrounds, regardless of if they have mental health difficulties or not.

Students, tutors with lived-experience, mental health professionals, and more work together to design and deliver original, innovative sessions and courses. These sessions and courses are experiences designed to empower those who have an interest in keeping themselves mentally and physically well.

## **WHY SHOULD I JOIN A RECOVERY AND WELLBEING COLLEGE?**

We want to support and inspire your journey by promoting Hope, Control, & Opportunity.

### **Hope**

That it's possible to work towards self-defined personal goals, and the belief that things can get better

### **Control**

Taking control by becoming an expert in your own self-care, making decisions and advocating for your needs

### **Opportunity**

Having access and contributing to opportunities in wider society that are meaningful to you

## **JOIN OUR FOCUS GROUP**

Our focus group meets regularly to discuss the future of the Recovery and Wellbeing College. By joining the focus group, you can help to shape the college, and have a say in the types of courses we offer. We are passionate about co-production, and always looking to hear the voices of everybody. The purpose of the group is to make sure that we are delivering a service that you want, and to make sure we are constantly developing to fit the needs of the community.

If you want to know more, email Maisy at [HNF-TR.RecoveryCollege@nhs.net](mailto:HNF-TR.RecoveryCollege@nhs.net)

## SESSIONS AND WORKSHOPS

### Boxing for Health

Come along to Vulcan Gym and work on your physical wellbeing with a group of friendly faces! The wolfpack will be going through a range of boxing exercises including bag work and circuits. Join us to learn more on your journey to fitness with the help from a personal trainer.



**Location:** Vulcan Boxing Gym, Hull

**Time:** Every Thursday\*, 2:30pm - 4:30pm

### Coffee & Connect

This informal session is designed to bring people together to talk about mental health, celebrate personal achievements, and engage in various activities such as games, arts and crafts, and more. This is a great opportunity for you to come along and just talk. Meet new people and have a lovely time doing so.

**Location:** Armstrong Centre, Beverley

**Time:** 05/09/2023, 10:00am - 11:30am

**Location:** St John's, Goole

**Time:** 07/11/2023. 10:00am - 11:30am

### Tennis for Wellbeing

Sport is a great way to help improve your mental health and wellbeing, it can create a sense of belonging and help you form really strong relationships. We have been lucky enough to partner with Cottingham Tennis Club to provide us with sessions dedicated to the Recovery and Wellbeing College.

**Location:** Cottingham Tennis Club

**Time:** Every Thursday\*, 10:00am - 11:30am



**CHECK ONLINE PLATFORM FOR FULL DETAILS**

## SESSIONS AND WORKSHOPS

### Wellbeing Walks

After the success of the Wellbeing Walks in the Summer in collaboration with Mental Health Mates we are launching another series across Hull and the East Riding. Once again we will be linking with your local Mental Health Mates Leaders to cover Beverley, Bridlington, Goole and Hull.

Walking and spending time outdoors has been proven to be beneficial to your physical and mental health. These walks are designed to be a non-judgemental place where chatting is encouraged but not compulsory. Grab your walking shoes / trainers and join us for a gentle stroll around your local area.

All of our walks are accessible and start at 10am. Check the details below for dates and locations, and don't forget to sign up online if you can!

**Date:** 06/09/2023

**Location:** Goole - Meet at the entrance to West Park, Airmyn Road

**Date:** 13/09/2023

**Location:** Hull - Meet outside of the café at East Park

**Date:** 20/09/2023

**Location:** Hull - Meet on the corner of Humber Dock Street near the new bridge over the A63

**Date:** 27/09/2023

**Location:** Hessle - Meet at the Emotional Wellbeing Hub in the Humber Bridge Country Park car park

**Date:** 04/10/2023

**Location:** Hornsea - Meet at the East Riding of Yorkshire Council Hub reception

**Date:** 11/10/2023

**Location:** Beverley - Meet at the Foresters Arms

**Date:** 18/10/2023

**Location:** Bridlington - Meet at Bridlington Spa

**Date:** 08/11/2023

**Location:** Hull - Meet on the corner of Humber Dock Street near the new bridge over the A63

**Date:** 22/11/2023

**Location:** Hull - Meet outside of the café at East Park

## SESSIONS AND WORKSHOPS

### Wellbeing Walks (continued)

**Date:** 29/11/2023

**Location:** Goole - Meet at the entrance to West Park, Airmyn Road

**Date:** 13/12/2023

**Location:** Goole - Meet at the entrance to West Park, Airmyn Road

### Mens Mental Health - Walk & Talk

The Recovery and Wellbeing College are passionate about improving mental health and wellbeing within the community. Suicide is the biggest killer of men under 40 which is why we want to help explore and raise awareness around men's mental health. We aim to do this by creating safe, warm and welcoming spaces for men to talk. We are leading weekly walks across Beverley to take in the beautiful scenery whilst having a chat with some like minded people. We really hope to see you there. All walks are 1pm - 2:30pm.

**Date:** 05/09/2023

**Location:** Beverley - Meet at Beverley Westwood in front of the Racecourse

**Date:** 12/09/2023

**Location:** Beverley - Meet at the Foresters Arms

**Date:** 26/09/2023

**Location:** Beverley - Meet at Beverley Westwood in front of the Racecourse

**Date:** 03/10/2023

**Location:** Beverley - Meet at the Foresters Arms

**Date:** 17/10/2023

**Location:** Beverley - Meet at Beverley Westwood in front of the Racecourse



## SESSIONS AND WORKSHOPS

### Let's Discuss: How to get support looking for work

The Recovery and Wellbeing College have collaborated with Employment Specialists from the Wellbeing Recovery Employment Service (WRES) and Advisors from East Riding Council Your Money Team to help support you with anything around employment, including writing CVs, filling out applications and coping with the anxiety of attending an interview and how getting into work can affect your benefits.

**Date:** 28/09/2023 | 30/11/2023

**Location:** MS Teams Sessions run 10am - 11:30am



### Let's Discuss: Coping with anxiety

Working with Jimmy and Alex from the WRES team this informal discussion group will aim to improve people's awareness of anxiety related issues, offer coping strategies that may help when dealing with the physical and emotional symptoms of anxiety and provide a supportive place to chat about how anxiety makes you feel.

**Date:** 05/10/2023

**Location:** MS Teams Session runs 10am - 11:30am

### Let's discuss: What it means to be an unpaid carer

Join Jimmy as we discuss what it means to care for a loved one. Recognising that caring for a loved one can have an impact both physically and psychologically we are offering a safe space to come and share your thoughts and feelings and explore coping strategies for the challenges you may face.

**Date:** 21/09/2023 | 09/11/2023

**Date:** 11/10/2023

**Location:** MS Teams 10am - 11:30am

**Location:** Armstrong Centre Beverley  
1pm - 3pm

## SESSIONS AND WORKSHOPS

### Let's Discuss... Your Recovery and Wellbeing College

Your opinion is vital to us here at the Recovery and Wellbeing College, we endeavour to provide a student centred approach to all of our sessions and courses which is why it is imperative that you have your say. These virtual sessions are designed to do just that as we want to keep you up to date with all things Recovery and Wellbeing College whilst empowering you to have your say on the direction you'd like to see the college head.

**Date:** 04/09/2023 | 18/09/2023 | 02/10/2023 | 16/10/2023 | 13/11/2023 | 27/11/2023 | 11/12/2023

**Location:** MS Teams Sessions run 10am - 11:30am

### Wellbeing Through Creativity

This is a relaxed creative art space that invites students to bring their own projects or use the materials provided to be inspired and create whatever they like! This is a flexible, student-led, weekly session. Seek inspiration from your surroundings and explore your creative side.

**Date:** Every Friday\* 1pm - 2:30pm

**Location:** Ferens Art Gallery

FERENS

**Date:** Wednesdays 08/11 - 20/12/2023 1pm - 2:30pm

**Location:** Goole Museum

**Date:** Wednesdays 06/09 - 19/10/2023 10am - 11:30am

**Location:** Armstrong Centre, Beverley

### Mindfulness & Guided Meditation

As we settle our busy minds through the body scan meditation, we will explore the sensations, breath, sounds and thoughts and slow down the pace to feel relaxed. Join us as we take you on a guided meditation to a place where you can feel fully in the present moment and removed from the stresses of a busy life.

**Date:** 11/09/2023 | 02/10/2023 | 16/10/2023

**Location:** MS Teams 11am - 12pm

## SESSIONS AND WORKSHOPS

### Picture This: Photography



Photography can be a great way to relieve stress and anxiety. Throughout this course you can expect to learn the basics of photography. You will get a chance to use what you learn in some of Hull and East Riding's picturesque hotspots with some friends. All sessions run 10am - 11:30am.

**Date:** 05/09/2023

**Location:** East Park, Hull Meet at the car park

**Date:** 26/09/2023

**Location:** Pearson Park, Hull Meet at Beverley Road entrance

**Date:** 12/09/2023 | 03/10/2023

**Location:** Beverley Library

**Date:** 17/10/2023

**Location:** West Park, Hull Meet in front of the Stadium reception

**Date:** 07/11/2023 | 14/11/2023 | 21/11/2023 | 28/11/2023 | 05/12/2023 | 05/12/2023 | 12/12/2023

**Location:** West Park, Goole

### Tai Chi

These informal Tai Chi sessions combine the practice of Tai Chi with mindfulness and Qi Gong to promote positive mental wellbeing. This will be a relaxed and non-intimidating environment to learn the basics of Tai Chi, increase suppleness, balance, flexibility and improve posture through gentle, controlled stretching. All sessions are 1pm - 2:30pm.

**Date:** Wednesdays 06/09 - 13/12/2023

**Location:** North Hull Community Centre

**Date:** Thursdays 07/09 - 26/10/2023

**Location:** Toll Gavel Church, Beverley

**Date:** Fridays 03/11 - 15/12/2023

**Location:** Goole Museum



## SESSIONS AND WORKSHOPS

### A Mindful Walk

These taster sessions are suitable for both beginners and those with some experience as we gently bring our awareness to the breath and body and connect with nature to begin our journey walking mindfully. We will allow our bodies and mind to 'ground' in the present moment as we walk step by step into the wood, exploring our surroundings and experiencing the sensations of what we can see, hear, smell and touch. As much as we love our furry friends can we please ask that dogs are left at home for these sessions.

**Date:** 21/09/2023 | 05/10/2023

**Location:** Beverley Westwood

**Details:** Meet opposite the Racecourse. The sessions run 1pm - 2:30pm.

### Mens mental health multi sport

This term we are proud to be launching a new men's multisport activity session including sports such as five-a-side football, badminton, table tennis, basketball and more...

Into Sport? This is the session for you, it will be fun and informal so that we can, together, create an environment to build friendships, confidence, mood, and wellbeing.

Please note that anybody is welcome to this session regardless of ability or fitness level!

**Date:** Fridays excluding half term

**Location:** Active+ Harpings Rd, National Ave, Hull HU5 4JF

**Details:** These sessions run 11am - 12:30pm



### Mental Health Awareness Workshops

These workshops are friendly and informal with the objective of creating an awareness of how daily life can impact us on our own mental health wellbeing and affect our quality of life. We aim to help you achieve that life balance and find tools and strategies to help support you. These sessions run 1pm - 4pm at East Riding Community Hospital, Beverley.

**Date:** 18/09/2023

**Topic:** Managing Stress

**Date:** 16/10/2023

**Topic:** Coping with Anxiety

**Date:** 20/11/2023

**Topic:** Resilience and Goal Setting

## SESSIONS AND WORKSHOPS

### Forest Chi

Immerse yourself in the tranquility of nature and embark on a journey to holistic well-being with our invigorating outdoor Tai Chi for Health session, aptly named "Forest Chi." Nestled within the embrace of a lush forest setting, this unique experience combines the ancient practice of Tai Chi with the rejuvenating power of the great outdoors.

Under the open sky, guided by a Tai Chi instructor, you will learn to move gracefully through a series of flowing postures amidst the rustling leaves and calming whispers of the forest. Each movement is a blend of physical grace and mindful intention, fostering a deep connection between your body, mind, and the natural world around you.

- Date:** 03/10/2023 - 1pm - 2:30pm  
**Location:** Beverley Westwood  
**Details:** Meet opposite the Racecourse



### Kintsugi

Embark on a transformative journey of healing and self-discovery with our Kintsugi session, a captivating art form that celebrates the beauty of imperfection. Rooted in ancient Japanese philosophy, Kintsugi, or "golden joinery," is a therapeutic practice that not only mends broken objects but also serves as a metaphor for embracing our own scars and vulnerabilities.

Participants will learn the delicate and meditative process of repairing shattered ceramics using a special lacquer infused with powdered gold or other precious metals. As you mend the fractured pieces, you'll witness a masterpiece emerge—one that uniquely marries the scars of the past with the brilliance of gold, creating a stunning metaphor for resilience and self-acceptance.

- Date:** 11/09/2023 | 18/09/2023 | 25/09/2023 1pm - 2:30pm  
**Location:** North Hull Community Centre  
**Date:** 09/10/2023 | 16/10/2023 | 23/10/2023 10am - 11:30am  
**Location:** Toll Gavel Church, Beverley  
**Date:** 17/11/2023 | 24/11/2023 | 01/12/2023 10am - 11:30am  
**Location:** Goole Museum



## SESSIONS AND WORKSHOPS

### Mindful Calligraphy

Step into a world of tranquil creativity with our captivating Mindful Calligraphy session. Discover the art of elegant crafting letters and strokes while immersing yourself in a soothing state of mindfulness that fosters a profound impact on your mental well-being.

The impact of Mindful Calligraphy on mental health is awe-inspiring. Engaging in the deliberate and focused motions of calligraphy induces a sense of calm and presence, gently nudging aside the distractions of the outside world.

**Date:** 11/09/2023 | 18/09/2023 | 25/09/2023 10am - 11:30am

**Location:** Scrap Store, Hull

**Date:** 13/09/2023 | 20/10/2023 | 27/10/2023 1pm - 2:30pm

**Location:** Toll Gavel Church, Beverley

### Living with dementia

All are welcome (including healthcare professionals or those with dementia in their lives) to this workshop with Wendy Mitchell supported by a member of the Trust's Research Team. Wendy, author of Sunday Times Bestseller *'Somebody I Used To Know'*, lives with dementia herself, and this workshop explores ways people with dementia can live well and be better supported. It also explores how people with dementia, and those who support them (families, friends, volunteers and healthcare staff), can help contribute to improvements in healthcare, treatment, and support. Discussion will be encouraged to share good ideas for living as well as possible with dementia, which means everyone can take away ideas to help them day to day. This workshop will be mostly informal, and you can get involved as much or as little as you wish.

**Date:** 20/09/2023

**Location:** Mercure Hotel, Willerby, HU10 6EB

**Details:** This session runs 10:30am - 12:30pm

## SESSIONS AND WORKSHOPS

### Express Yourself

At these interactive, laid back and fun creative writing sessions you will experience and learn to use creative writing techniques that popstars, artists and writers use when song and lyric writing. Furthermore, you will throw everything at the wall when doing poetry and short story workshops. The aim of this creative group is to begin to create a portfolio of your own creative writing. We will explore topics, thoughts and feelings that are important to you and others with the opportunity to perform on a podcast once we feel comfortable with our work!

**Date:** 05/09/2023 | 03/10/2023 | 17/10/2023 10am - 11:30am

**Location:** East Riding Community Hospital

**Date:** 12/09/2023 | 10/10/2023 1pm - 2:30pm

**Location:** Armstrong Centre, Beverley



### Mood and Food

Come along to our enlightening "Mood and Food" session, a captivating journey that unveils the secrets of how the choices we make at the table can profoundly influence our emotional balance and cognitive vitality. Delve into the world of gastronomy as you uncover the transformative impact of various foods on your mood and mental health. Through hands-on experiences and insightful discussions, you'll gain a deeper understanding of the nutrients and compounds that play pivotal roles in enhancing cognitive function and emotional resilience.

**Date:** 26/09/2023 2pm - 3:30pm

**Location:** Toll Gavel Church, Beverley

**Date:** 10/10/2023 1:30pm - 3pm

**Location:** Scrap Store, Hull

**Date:** 08/12/2023 11:30am - 12:30pm

**Location:** Goole Museum

## SESSIONS AND WORKSHOPS

### Let's discuss: How to manage stress

Join Alex and Jimmy for their next informal discussion group looking at stress and how this can have an affect on both physical and mental health. Daily life has expectations that can sometimes feel stressful and especially at this time of the year it can be helpful to talk about it, find ways to manage the symptoms and alleviate those feelings with some key ideas to help you unwind.



**Date:** 14/12/2023 10am - 11:30am

**Location:** MS Teams

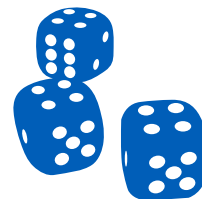
### Gather and Game

The Recovery and Wellbeing College want your voices to be heard, in a recent focus group meeting students expressed the desire for a board gaming session to help bring people together in a warm, safe and welcoming environment. This session is open to anyone who wants to come and play some games in a relaxed atmosphere whilst building relationships with like minded people.



**Date:** Thursdays 09/11 - 21/12/2023  
10am - 11:30am

**Location:** Armstrong Centre, Beverley



### Christmas card making

**Date:** 11/12/2023  
11:30am - 12:30pm

**Location:** Scrap Store, Hull

Immerse yourself in the magic of the season with our heart-warming Christmas Card making session, where creativity and goodwill intertwine to kindle your holiday spirit and uplift your mental wellbeing. Join us for an experience of crafting personalised seasonal cards.



## **LOOKING FOR WORK?**



For many people, being employed and going to work is important for their health and wellbeing. Being employed can be an important step in the recovery journey for people with mental health challenges. It can improve confidence, self-esteem, and help to reduce psychological distress.

Wellbeing Recovery Employment Service (WRES) workshops are designed to upskill students and to help in recognising their skills and qualities to be able to apply for employment or training. We offer workshops in CV Building, Application Form Completion, Interview Skills/Practice, and Confidence Building.

***WRES workshops are free and open for anyone to self-enrol. To find out more or to book your spot, please email: [tracey.bonelle@nhs.net](mailto:tracey.bonelle@nhs.net)***

## **CODE OF CONDUCT**     **IMPORTANT TO REMEMBER.**

**Please read through the group Code of Conduct before enrolling onto any of our courses or workshops. This will help maintain a safe and supportive educational environment for everyone. Our Code of Conduct is really important and is in place to help promote equality, safety, fairness and respect within the College.**

**We require our students to adhere to these ground rules. By enrolling with us as a student, you agree to the following:**

1. To treat students, staff and volunteers with compassion, dignity and respect, which includes not discriminating against or harassing others at any time, and respecting their rights, life choices, beliefs and opinions
2. To respect the wellbeing and property of others and report any health and safety concerns you may notice.
3. To be mindful of group conversation by ensuring that everyone has equal opportunity and space to freely contribute. This is facilitated by maintaining good conversational manner (e.g. not talking over people, stopping people from finishing their points, listening when others are speaking, thinking before you speak) and remembering to keep topics appropriate (as far as reasonably possible) to those in the room.
4. To attend courses and workshops on time and inform the College if you are unable to attend (email [hnf-tr.recoverycollege@nhs.net](mailto:hnf-tr.recoverycollege@nhs.net) or ring 0800 9177752).
5. To take an active part in and have responsibility for your own learning/recovery journey, coming to the courses and workshops equipped to participate.
6. To understand that the materials and resources provided are purely for use during the session and are not to be taken away for commercial use/financial gain.
7. To communicate the information we need to support your enrolment, ongoing learning and wellbeing.
8. To refrain from the use of alcohol, illicit substances and weapons of ANY kind whilst attending a Recovery College course or workshops (you will be asked to leave immediately, or be virtually removed).

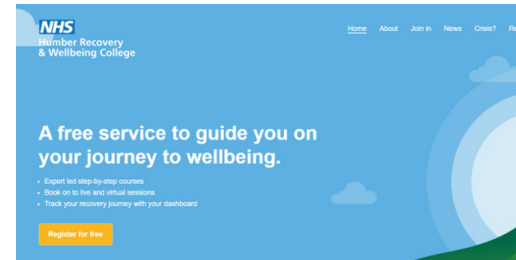
## HOW DO I JOIN?"

Visit our website or scan the QR code below and you will be directed to our landing page. From here, you can choose from the adult or youth sides of the platform.

Click on which ever applies to you and you will see the "Register for free" button. Click on it and fill out our short enrolment form. Once registered you will be able to access e-courses, podcasts, sessions and more.

Having trouble enrolling? Come along to one of our sessions and a member of staff will be able to assist you.

[humberrecoverycollege.nhs.uk](http://humberrecoverycollege.nhs.uk)



## WITH THANKS TO OUR PARTNERS



**...and more to come!**



**Have a question? Interested in a partnership?**

EMAIL: [hnf-tr.recoverycollege@nhs.net](mailto:hnf-tr.recoverycollege@nhs.net)

PHONE: 0800 9177752