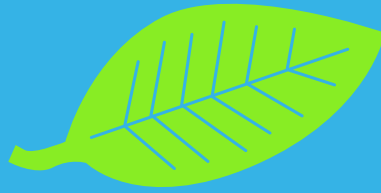


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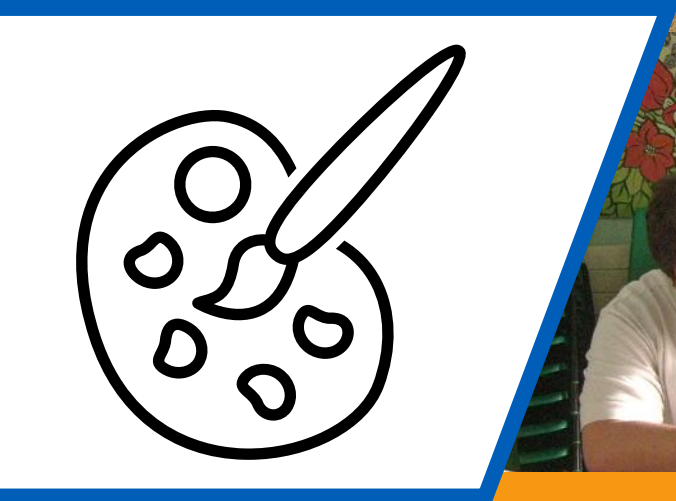
Humber Teaching
NHS Foundation Trust



NHS

Humber Recovery
& Wellbeing College

2023 SPRING PROSPECTUS



JOIN US AT

humberrecoverycollege.nhs.uk

ABOUT THE HUMBER RECOVERY COLLEGE

The Recovery 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.

WHAT DO WE MEAN BY RECOVERY?

There is no single definition of the term 'recovery'.

We at the Recovery College see recovery as a journey. This journey involves taking personal responsibility for wellbeing and learning to live alongside any continued symptoms or impairments without any pressure to be "symptom-free". By focusing on what we are good at and what we enjoy, individuals can take this journey towards living a satisfying and meaningful life.

You decide for yourself what is meant by a **satisfying and meaningful** life, and you take whichever path you want to get there.

SO WHY SHOULD I JOIN A RECOVERY COLLEGE?



As a Recovery College, we have no intention of taking over your journey, or removing any control. In fact, it is very much the opposite. We want to support and inspire your journey by promoting three main tenets:

Hope, Opportunity, & Control.

We promote HOPE by:

- Believing in people and holding their hope until they can hold it themselves, seeing a decent life and future is possible for them
- Providing a hope-inspiring environment
- Offering hope-inspiring relationships
- Helping people to make sense of and find meaning in experiences
- Helping individuals to recognise and develop their strengths, talents, and skills, whilst developing new ones too.

We promote OPPORTUNITY by:

- Working with partner organisations and groups to help you have access to different opportunities
- Providing free helpful and inspiring courses and sessions across Hull and East Riding that have no eligibility criteria (note: we move around every prospectus)
- Providing the opportunity to help you contribute to the Recovery College as an idea-giver, peer-support worker or tutor - we'd love for you to get involved!

We promote CONTROL by:

- Supporting you to find purpose and direction in life. Finding your dreams and ambitions to decide what is important to you
- Helping you to become an expert in your own self-care and work out the ways of managing the barriers in the way of your goals
- Supporting you to decide what sort of help you need in order to follow your ambitions.

Let's check out what is on this term...

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 personal trainer, Owen.



Location: Vulcan Learning Centre

Date: Every Thursday*, 14:30 - 16:30

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: Old Parcels Office, Bridlington
Cecil Gardens, Hull
Harrison Park, Hull
Redwood Glades, Hull

Date: 22/02/2023, 11:00 - 12:00
23/03/2023, 10:00 - 11:00
19/04/2023, 10:00 - 11:00
17/05/2023, 10:00 - 11:00

Digital Storytelling

Everyone has a story to tell. This sessions aims to help you tell yours. You can work on telling your story through any medium, including audio, visual, or any other format you can think of. It is your personal story, so this can be your journey with mental health, your life in general, or any other topic you feel you wish to share. Your stories help others take the next step through their own.

Location: Hessle Community Centre

Date: Fortnightly*, 10:00 - 11:30

CHECK ONLINE PLATFORM FOR FULL DETAILS

*** Besides half-term**

DRAGON Project

The DRAGON Project has been co-produced with the University of York and Learn my Way to provide an easy to follow set of face to face workshops designed to teach anyone who is struggling with getting to grips with digital skills and online programmes. Tutors will support and help with getting to grips with all of these and learning will take place at your pace with full understanding of how tricky some of these topics can be.

Location: Hull CVS

Date: 24/02/2023 for 6 weeks, 13:00 - 15:00

Employment & Meaningful Activities

This is an informal and non-judgemental session where any meaningful activity is open for discussion. Meaningful activities include careers, volunteering, training, and any other ways to fulfil your potential. These sessions are led by an employment specialist from the Wellbeing and Recovery Employment Service and a Recovery College Practitioner specialised in improving skills for employment.

Location: Online workshop via
MS Teams

Date: 09/03/2023, 10:00 - 12:00
27/04/2023, 10:00 - 12:00

Kintsugi

Kintsugi is the Japanese art of repairing broken pottery by fixing the cracks with solid gold; it is a reminder to celebrate missteps, remain optimistic, and remember whatever is broken can be beautiful again. Join this two-week course in which participants will mend broken pottery with “gold” to take away at the end



Location: Hessle Community Centre

Date: 17/04/2023, 10:00 - 12:00
24/04/2023, 10:00 - 12:00

Let's Discuss Anxiety

Everyone will experience anxiety at some point in their life. These feelings can be perfectly normal given if the trigger is anxiety-inducing. However, for some people their ability to control their worries can be extremely difficult. Their feelings of anxiety are more constant and overwhelming to the point that it interferes with their daily lives. This session aims to discuss what the anxiety looks like for students, and to discuss the coping mechanisms people have developed. The session will touch on where you can go for further help and support.

Location: Online workshop via
MS Teams

Date: 22/02/2023, 10:00 - 12:00

Let's Discuss Resilience

Psychological resilience is the ability to cope mentally or emotionally with a crisis or to return to pre-crisis status quickly. This session encourages participants to discuss their own experiences and offers an opportunity to gain useful knowledge, tips and strategies from each other and the session leaders.

Location: Online workshop via
MS Teams

Date: 29/03/2023, 10:00 - 12:00

Living with Dementia



Wendy Mitchell (pictured, Sunday Times bestseller x 2, Honorary Doctor x 2 all achieved since a diagnosis of dementia) and the Humber NHS Trust's research team explore ways people with dementia can live well, and be better supported. This is a popular session for good reason. Don't miss this.

Location: Online workshop via
MS Teams

Date: 26/04/2023, 10:30 - 12:30

Medications in Mental Health

These workshops are open to anyone who is currently taking mental health medications and interested in learning more about them. A safe and confidential space is provided to ask the session lead and specialist mental health pharmacist, Alberto, any questions you have about your medication. These are informal and interactive giving you a rare opportunity to speak directly to someone with a wealth of knowledge about your medication.

Location: Harrison Park, Hull
Cecil Gardens, Hull

Date: 22/03/2023, 13:00 - 14:30
19/04/2023, 13:00 - 14:30

Mindful Calligraphy

This workshop combines the practice of calligraphy with mindfulness techniques to promote positive mental wellbeing. This may include a brief history of calligraphy followed by a guided meditation or breathing exercises to help participants prepare for practice. This is open to all artistic skill levels. You need only an open mind and to feel empowered to improve your mental wellbeing.



Location: Cecil Gardens, Hull

Date: 15/03/2023, 13:00 - 15:00

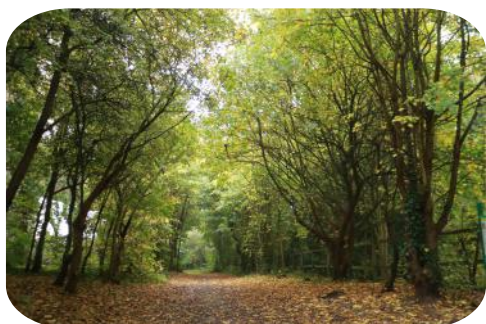
Mindfulness

Learn the principles of mindfulness practice. Develop your own meditative practices, and apply the principles to your daily life. You will learn strategies and skills to work through your thoughts, emotions and sensations, while developing your capacity to engage mind-body awareness. Ground yourself in the here-and-now.

Location: Brough Petuaria Centre

Date: Four sessions between 27/02 and 17/04/2023, check platform for full details

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.

Location: Beverley Library
Humber Street Gallery, Hull

Date: 22/02 - 03/05/2023, fortnightly
01/03 - 10/05/2023, fortnightly

[CHECK ONLINE PLATFORM FOR FULL DETAILS](#)

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. Focus on the present moment and watch your stress and anxiety be reduced over time.

Location: Harrison Park, Hull
Cecil Gardens, Hull
Redwood Glades, Hull
Hessle Community Centre

Date: 20/02 - 13/03/2023, Monday
20/03 - 24/04/2023, Monday
02/05 - 23/05/2023, Tuesday
Every Friday*, 13:30 - 15:00

[CHECK ONLINE PLATFORM FOR FULL DETAILS](#)

Tai Chi for Alzheimer's

This a session similar to the above adapted for those living with Alzheimer's disease or multiple sclerosis. The program is tailored to accommodate for the needs of the individuals in the session and is led by an instructor who has experience working with a neurodiverse population of students.

Location: North Hull Community
Centre

Date: Every Tuesday*, 11:00 - 12:00

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. Knowledgeable tutors and peers are on hand to support the development of practical skills, to help build confidence and to bounce ideas off. Seek inspiration from Ferens Art Gallery to explore things like drawing, collage, painting, crafting... the list is endless.

Location: Ferens Art Gallery
Old Parcels Office, Bridlington

Date: Every Thursday*, 10:00 - 11:30
Every Tuesday*, 10:00 - 11:30

Worry Dolls

Worry Dolls are small, hand-made dolls originating from Guatemala which according to legend, can be placed under ones pillow at night to help take worries away. Join this informal workshop and learn how to make your own so they might hold onto your worries instead of you!



Location: Harrison Park, Hull

Date: 20/02 - 13/03/2023, Monday

Yoga

*Local Yoga Therapy
provider - check out their
YouTube channel!*



Yo Yoga Soul

Yoga is an ancient discipline proven to reduce stress and tension by stretching and strengthening the body when coupled with conscious mindful breathing. Studies have shown that the benefits of the holistic mind-body approach of Yoga are emotional balance, a greater sense of well-being, better sleep, and increased resilience to stress. No experience required. If you can breathe, you can practice Yoga.

Location: Cecil Gardens, Hull

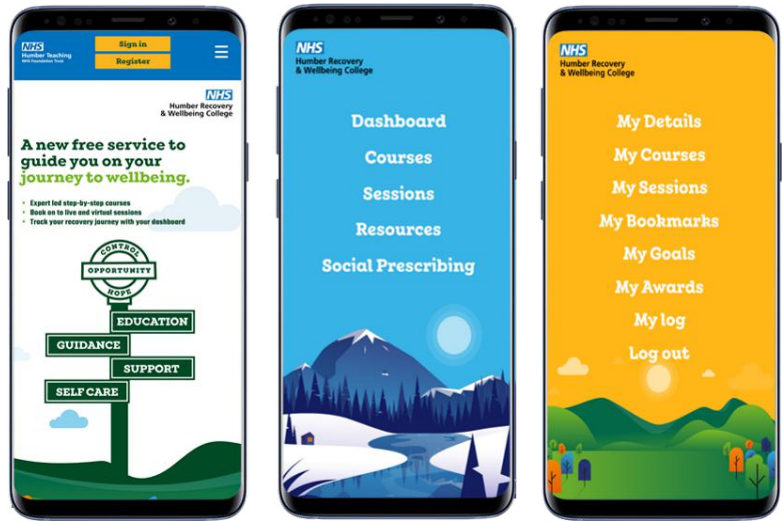
Date: Every Tuesday*, 13:00 - 14:00

* Besides half-term

"IT ALL SOUNDS BRILLIANT...

HOW DO I JOIN?"

Anyone can self-enrol on our online platform by clicking the 'register' button at the top of the page. Once registered, you can enrol onto a e-learning courses, virtual sessions and face-to-face sessions, as well as listening to some of the Recovery Club podcast episodes.



humberrecoverycollege.nhs.uk

Alternatively, you can turn up to the sessions without enrolling. The session lead can add you to the session register manually. A big thank you to those who self-enrol to the sessions.



LOOKING FOR WORK?

NHS
Wellbeing Recovery
Employment Service
provided by
Humber Teaching NHS Foundation Trust

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

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 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).

WITH THANKS TO OUR PARTNERS

WENDY MITCHELL

POSITIVE assets
for better mental health at work



**BISHOP
BURTON**
College



NHS
YOURhealth
Prevention and Lifestyle Services

Riverside

EAST RIDING
LIBRARIES

FERENS


Yo Yoga Soul

NHS
Wellbeing Recovery
Employment Service
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...and more to come!



Humber Teaching
NHS Foundation Trust

Have a question? Interested in a partnership?

EMAIL: hnf-tr.recoverycollege@nhs.net

PHONE: 0800 9177752