

Recovery College

Prospectus Spring

Term Jan - April 2019



Welcome

Introduction

At Mind we set up a Recovery College in June 2014 to empower people with mental health problems to become experts in their own recovery. The workshops and courses we run aim to provide the tools to make this happen and to help you become an expert in your own recovery or that of someone you care for.

We follow the four phases of learning in our curriculum. That means our products follow these concepts as a roadmap to learning:

- Explore: Students discover a concept
- Learn & Practice: Students apply their discoveries
- Reflect: Students review what they've learned
- Reinforce: Students apply theory, concepts, and materials to scenarios and problem-solving

The Recovery College is open to anyone over the age of 18, with lived experience of mental health challenges and their loved ones who either live within the London Borough of Bexley. The College is also open to people who work or volunteer within Bexley borough.

Core Principles

We aim to run courses that are co-produced and co-delivered by those with lived experience of mental illness and mental health practitioners. Lived experiences highly valued and complements the clinical and professional expertise already offered by Mind in Bexley.

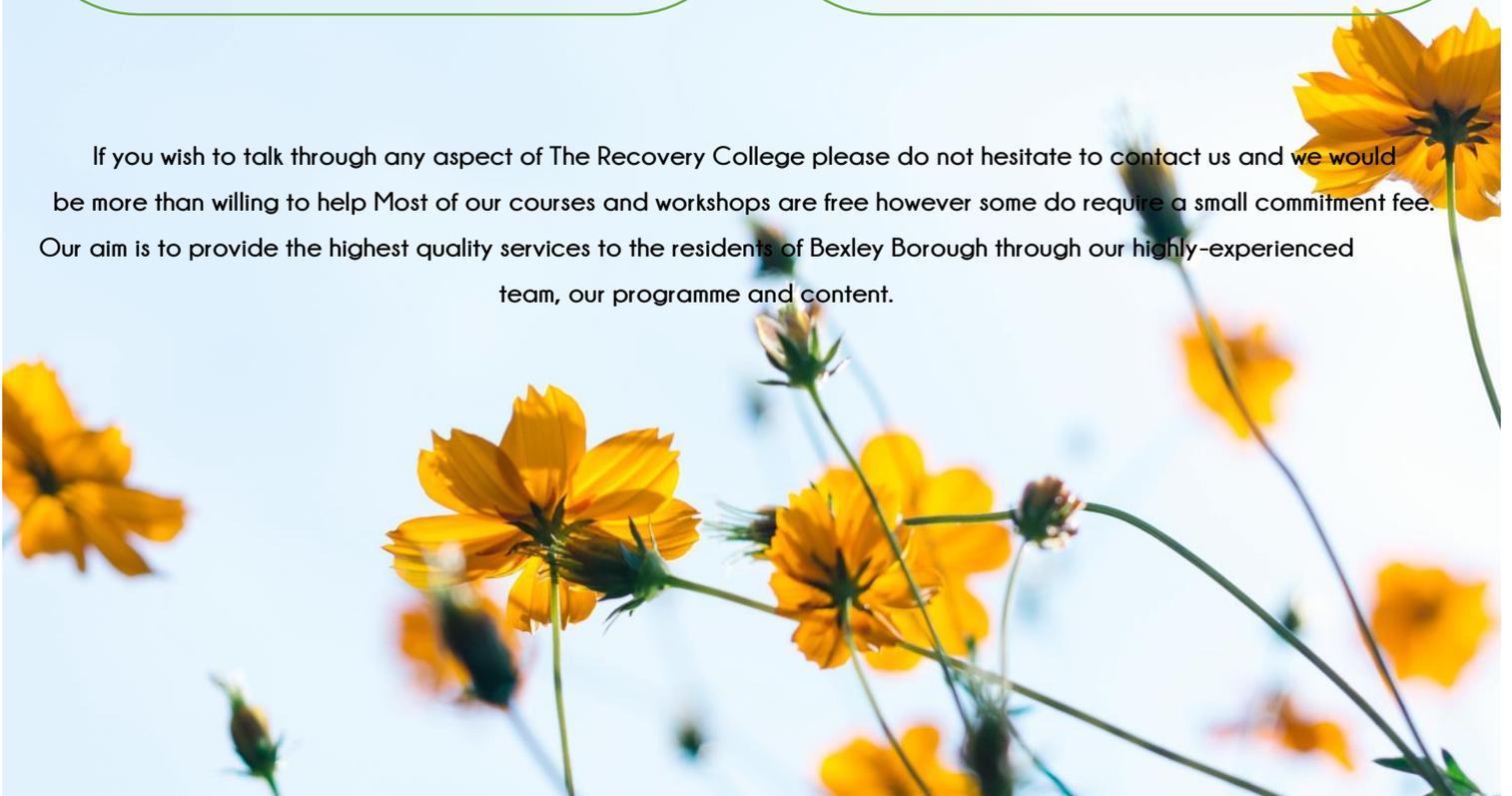
How to enrol

1. Explore our courses and workshops - read the descriptions of the ones which interest you.
2. Check our term timetable to see when your selected courses/ workshops are running
3. Choose your courses and workshops and enrol.

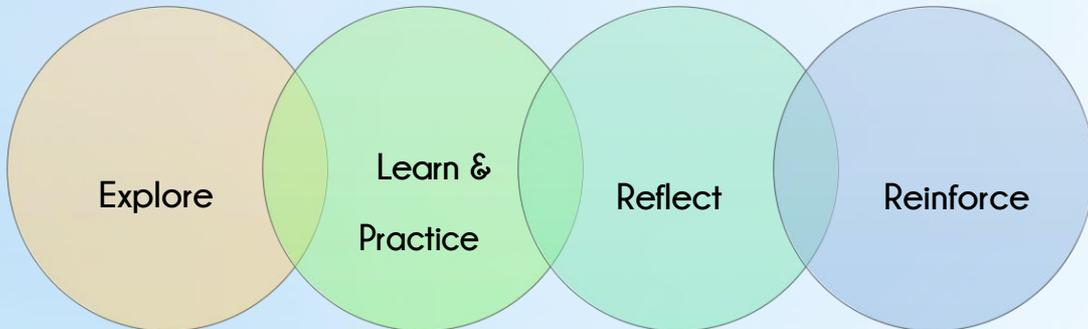
To access the Recovery College you can either self-refer via our website www.mindinbexley.org.uk or ask any health care professional can refer on your behalf.

Please call the Team to discuss further on 0208 303 5816

If you wish to talk through any aspect of The Recovery College please do not hesitate to contact us and we would be more than willing to help. Most of our courses and workshops are free however some do require a small commitment fee. Our aim is to provide the highest quality services to the residents of Bexley Borough through our highly-experienced team, our programme and content.



Roadmap to Learning

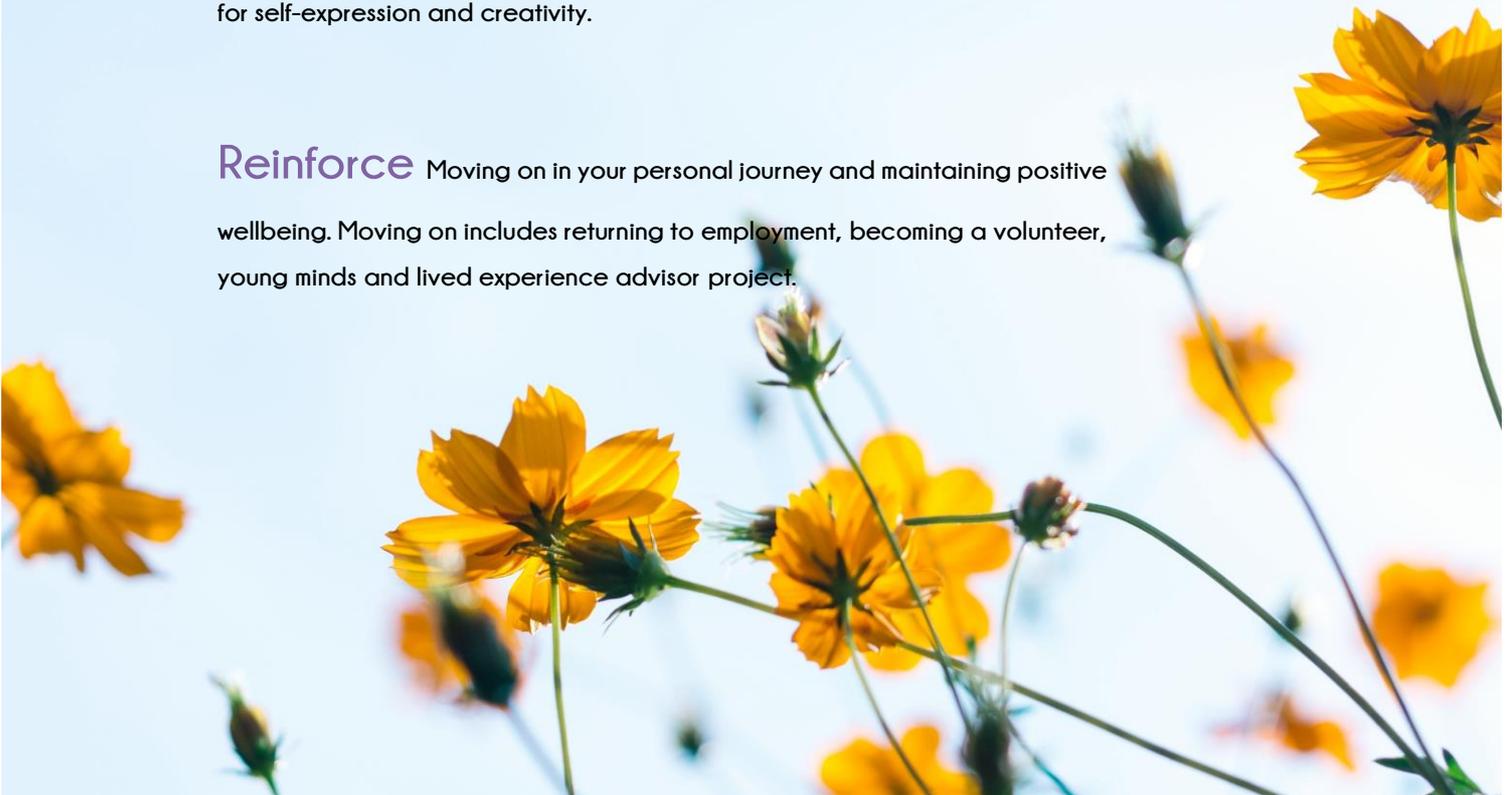


Explore Begin your personal journey to self-discovery and understand the concept of recovery. These groups will provide the platform for your learning and preparation for a sustainable satisfying and meaningful life.

Learn & Practice Understanding mental health difficulties and discover methods of managing them.

Reflect Developing recovery – focused practice and review learning outcomes. Opportunity for self-expression and creativity.

Reinforce Moving on in your personal journey and maintaining positive wellbeing. Moving on includes returning to employment, becoming a volunteer, young minds and lived experience advisor project.



Explore

What Is Recovery?

Explore the impact of mental health difficulties on self and others, start to understand what are the key components to aiding recovery and rebuild a rewarding life. Covers the five ways to wellbeing concept devised by new economics foundation.

Recovery and Wellness Toolkit

An introduction to your personalised recovery and wellbeing toolkit. These sessions will be an active, encouraging and supportive space to promote self-management.

Creating and Sustaining Change

Enabling students to prepare for the challenges that can be part of the recovery journey. Discover the tools required to equip your recovery journey to stay well.



Learn and Practice Understand Mental Health

These workshops are created to raise awareness and understanding of mental health conditions including recognising causes, symptoms and possible options for a wide range of mental health issues.

- Mental Health Awareness
- Mental Health Treatment Options
- Social Anxiety
- Depression
- Personality Disorder
- Self - Harm
- Psychosis
- Substance Use and Mental Wellbeing
- Panic Disorder
- Crisis Intervention



Learn and Practice Personal Wellbeing

Mindfulness Taster Our mindfulness taster sessions are a great introduction to how mindfulness will help you live a happier and healthier life.

Improve Sleep There's a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health. With this workshop learn how to establish a healthy routine, relax and get a good night's sleep

The Power of Self Compassion This 3-week course will provide the forum to begin forgiving and nurturing yourself can set the stage for better health, relationships and general well-being.

The Power of Positive Thinking Our thoughts have a significant influence on our external realities. Learn to harness the power of positive thoughts and attract more positive circumstances in your life with this 3-week course.



Reflect – Self Expression

We have weekly open space studios offering students an outlet to self-express, explore, communicate, stress management and mindfulness. These arts and creative therapies are treatments which involve arts based activities in a therapeutic environment with the support of a trained individual. You do not need any experience, knowledge or particular skill set to take part.

The open space studio sessions include:

Creative Writing Begin the process of letting your thoughts and feelings flood onto the page. The power of expressive writing is that it doesn't have to be perfect. You can write from the heart without worrying about spelling, punctuation or grammar. No one has to read it apart from yourself. There is a freedom that comes with releasing your feelings onto the page.

Green Spaces Improve your mental and physical wellbeing through doing outdoor activities in nature.

Connecting with nature in this way can have lots of positive health benefits

Exercise for Health Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety. It also plays a role in preventing the development of mental health problems and in improving the quality of life of people experiencing mental health problems. Improve stress, depression, anxiety, mood, self-esteem, cognitive declined and general overall wellbeing.

Art Therapy Art therapy is a form of psychotherapy that uses art media as its primary mode of expression and communication. Within this context, art is not used as a diagnostic tool but as a medium to address emotional issues which may be confusing and distressing

Dance Movement Therapy DMP is a relational process in which client/s and therapist engage in an empathic creative process using body movement and dance to assist integration of emotional, cognitive, physical, social and spiritual aspects of self



Reflect – Review Journey

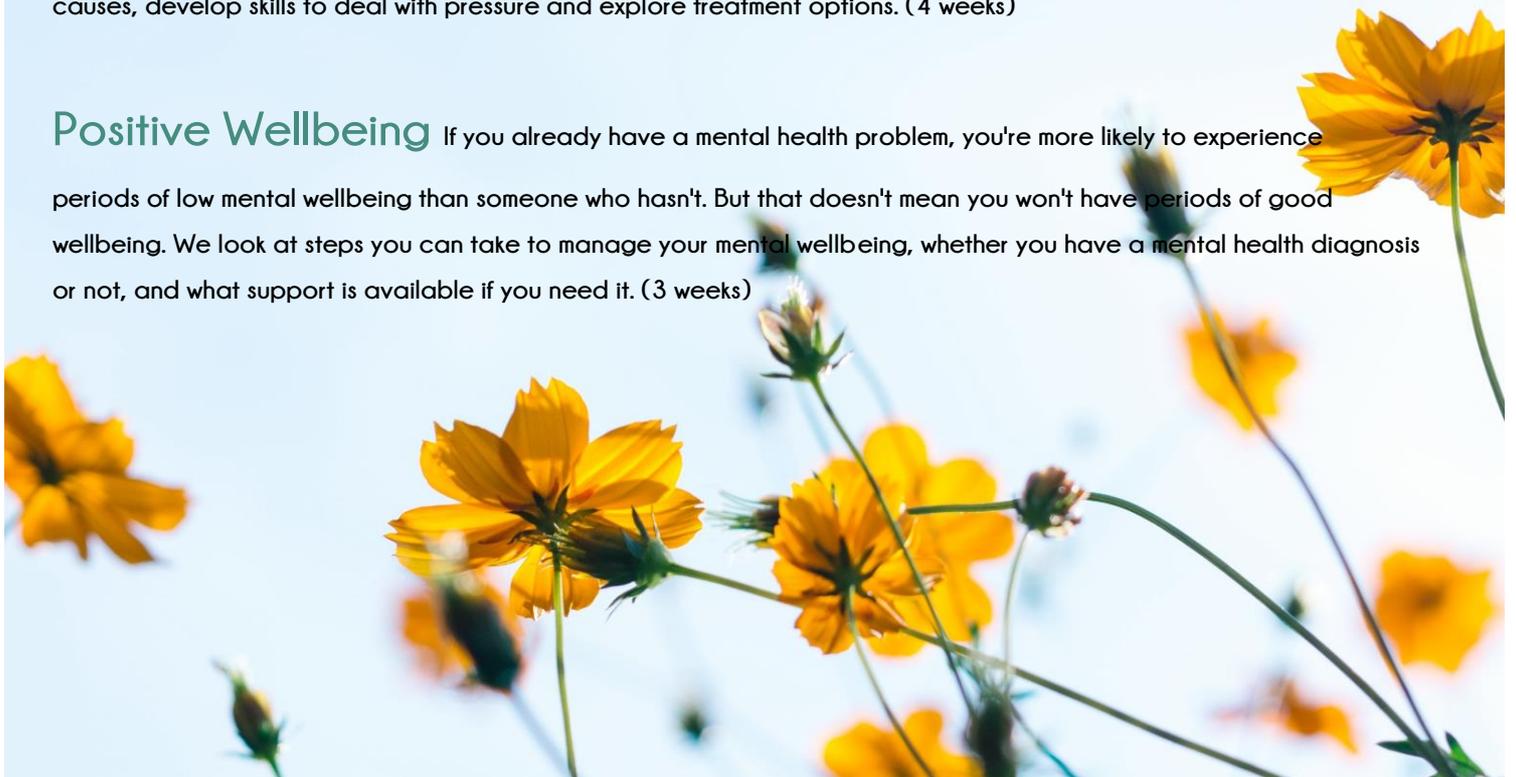
Recovery Wellness Toolkit Review This workshop will provide to opportunity to review your journey, explore obstacles and seeking solutions to achieving your recovery and wellbeing goals.

Confidence and Assertiveness Being assertive is a core communication skill. Being assertive means that you express yourself effectively and stand up for your point of view, while also respecting the rights and beliefs of others. Being assertive can also help boost your self-esteem and earn others' respect. This can help with stress management, especially if you tend to take on too many responsibilities because you have a hard time saying no. Some people seem to be naturally assertive. But if you're not one of them, you can learn to be more assertive. (8 weeks)

Strengthening relationships When it comes to our wellbeing, other people matter. Evidence shows that good relationships – with family, friends and our wider communities – are important for our mental wellbeing. Mental wellbeing means feeling good about ourselves and the world around us, and functioning well. Building stronger, wider social connections can help us feel happier and more secure, and give us a greater sense of purpose. (3 weeks)

Managing Stress and Anxiety Gain a better understanding of what stress is, recognise signs, identify causes, develop skills to deal with pressure and explore treatment options. (4 weeks)

Positive Wellbeing If you already have a mental health problem, you're more likely to experience periods of low mental wellbeing than someone who hasn't. But that doesn't mean you won't have periods of good wellbeing. We look at steps you can take to manage your mental wellbeing, whether you have a mental health diagnosis or not, and what support is available if you need it. (3 weeks)



Reinforce – My Wellbeing

Mindful Wellbeing Mindfulness is a way of paying attention to the present moment, using techniques like meditation, breathing and yoga. It helps us become more aware of our thoughts and feelings so that, instead of being overwhelmed by them, we're better able to manage them. (5 weeks)

Emotional Resilience Those with a higher degree of emotional resilience are able to handle the stresses that come with daily life more effectively and calmly. They are also able to manage crises more easily. Fortunately, emotional resilience is a trait that can be developed. In fact, it's a trait that is worth developing for many reasons, not the least of which is that it can transform your life and your experience of stress. (4 weeks)

Good Food = Good Mood Attend this workshop and learn about how diet can affect our mental health. Find out more about eating well, nutrition, and what you should eat.

LEAP (Lived Experienced Advisor Project) We know from experience that peer support can help people to take huge strides forward in their recovery. People who have experienced mental health issues can offer privileged insight and understanding, and draw on their own experiences to help others.

Specific peer support we offer are:

- Young Minds (18-24 years)
- BAME Minds
- LGBTQ Minds



Reinforce-Preparation and Maintenance in Recovery

Employment is vital for maintaining good mental health. Being in work is important for everyone's general health and well-being: it gives us a purpose (and an income), promotes independence, allows us to develop social contacts, and is a factor in preventing both physical and mental health problems. Mind in Bexley work closely with Re-instate in Erith to provide specialist employment. We provide the following interventions:

Employment Support We provide help to find and secure employment. Provide work experience opportunities and job retention for people already in employment who need support and advice to stay in employment

Digital Training Stigmas attached to mental health can also act as a preventative for those with mental illnesses to seek the treatment that they need. There has recently been a surge of different mobile phone applications that are designed to help people sufferin from a mental illness. Unlike going to a doctor or seeking professional help, mobile phone apps can offer people assistance and treatment from the comfort of their own homes. Through the creation of innovative products, digital technology provides mental health organisations with the opportunity to transform services and empower individuals to manage their own conditions.

Using Social Media This workshop will help you earn how to use social media platforms to seek exciting and creative employment opportunities. Build a professional profile to gain future employers interest.

Universal Credit This briefing will help students understand the new welfare system reform including edibility, sanctions and mandatory requirements.

Introduction to voluntary roles including

- Befriending
- Peer Mentor
- Volunteer

Where are our courses held?

We hold our workshops and courses in a variety of locations across the Borough to ensure local more accessible access for all. We have sites located in the North, East and South of the Borough.



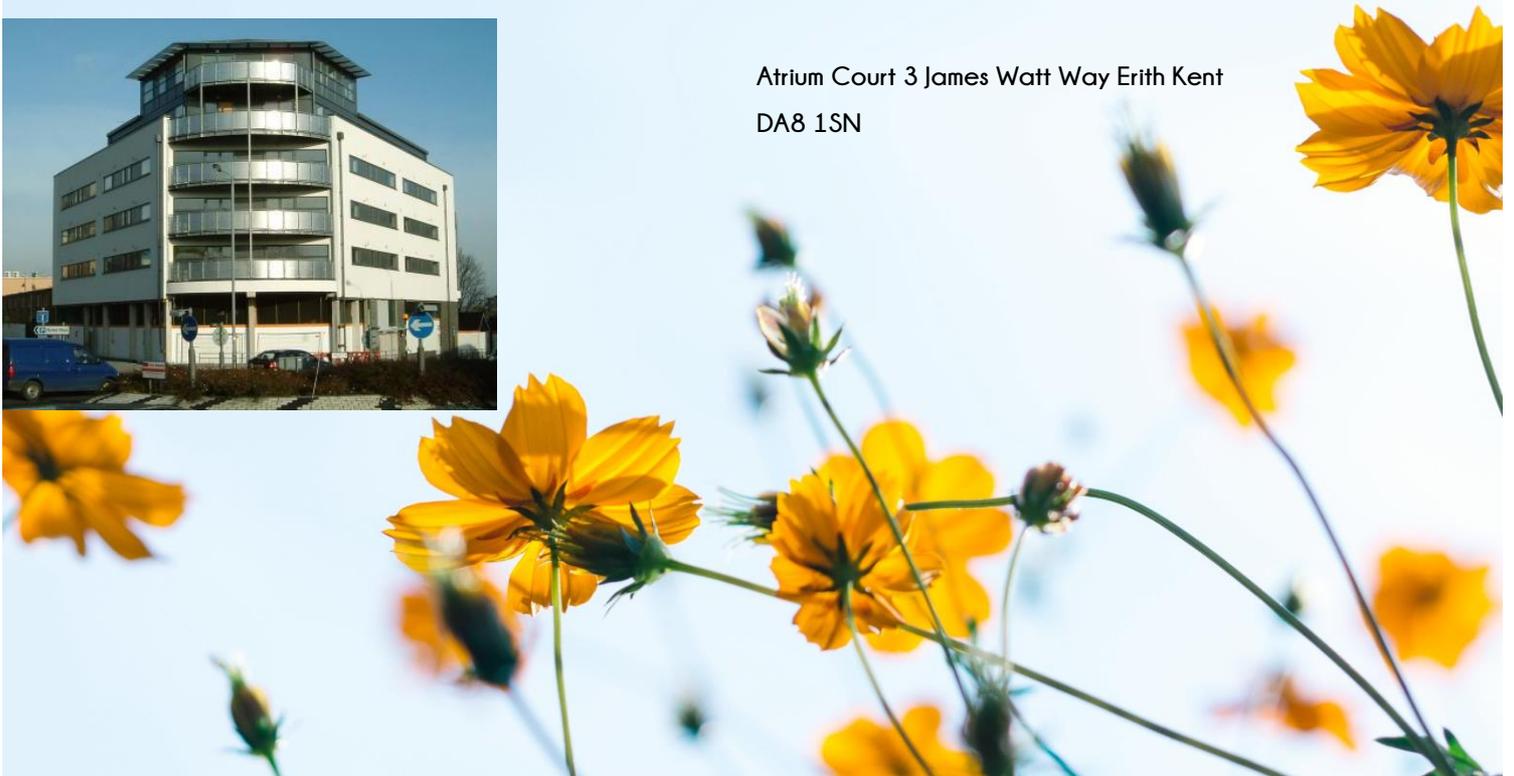
Milton House, 240a Broadway, Bexleyheath, Kent, DA6 8AS



Bexley Learning and Enterprise College in Bexley, Sidcup and Erith Campus'



Atrium Court 3 James Watt Way Erith Kent DA8 1SN



Supportive Networks

The following groups run at the same time each week throughout the year.

Day	Group	Time	Cost	Venue
<i>Monday</i>	Women's Well-being social group	10.00-12.00	£1 per session	Pincott Hall 174a Broadway Behind Christchurch Bexleyheath
<i>Tuesday</i>	Tai Chi	9.30-10.30	£1 per session	Danson Youth Centre, Brampton Road, Bexleyheath
	Creative Writing	13.00-15.00	Free	Milton House Broadway, B/heath
<i>Wednesday</i>	Walking Group	13.00-14.00	Free	Meet at Milton House Broadway, B/heath
	Film Club	13.15-15.15	Free	Milton House Broadway, B/heath
	Get your life back: The road to freedom from addiction. Drop in support group	19.30-21.00	Free	Emmanuel Church, Hadlow Rd, Sidcup DA14 4AA
<i>Thursday</i>	Vietnamese and Chinese Social Group	10.00-13.00	Free	Milton House Broadway, B/heath
<i>Friday</i>	Move your Mood – Relaxation/Guided Meditation	11.00-12.00	£2 per session	Milton House Broadway, B/heath
<i>Saturday</i>	Mixed social group	10.00-12.00	Free	2a Devonshire Road, B/heath
	Move your Mood – Exercise Class	10.00-11.00	£2 per session	Roberts Hall 174a Broadway Behind Christchurch Bexleyheath



Supportive Networks

Below are additional weekly on-going groups that need to be pre-booked.

If you are interested in attending please let a member of our team know before you attend for the first time as there may be a limited amount of places attached to these groups. You may either do this upon your initial registration with our services, or by telephoning 020 8303 5816 (Option 1) or emailing recovery@mindinbexley.org.uk

<i>Monday</i>	Mothers Embrace – support Group	10.00-11.30	Free	Danson Youth Centre, Brampton Road, Bexleyheath
	Moving forward Support Group (referral only)	12.30 – 14.30		Please check with office
	Mind Allotment (Alers Rd)	10.00-13.00	Free	Alers Road Allotment
<i>Wednesday</i>	Hearing Voices (run in partnership with Oxleas)	14.30 – 16.30	Free	Milton House Broadway, Bexleyheath
<i>Thursday</i>	Pilates	12.00-13.00	£3 per session	Pilates Body Studio, 88 the Mill, Bexley High Street, DA5 1BF
	Allotment (Alers Road)	10.00-13.00	Free	Alers Road. B/heath
<i>Friday</i>	Eco-Therapeutic garden	12.00-14.00	Free	Off Broadway, B'heath

Physical Health & Wellbeing

Book into one of your fortnightly physical health and wellbeing workshops where you can have a health screen including:

- Blood pressure
- Body Mass Index (BMI)
- Cholesterol levels
- Diabetes
- Stopping smoking
- Sexual Health
- Alcohol and substance use
- Physical health

