



Bexley Recovery College

Prospectus Summer Term

April - June 2019



Welcome

Our commitment is to empower local people with mental ill health to become experts in their own recovery and wellbeing. All our services are targeted to provide:

Help & Support

Wellness



Education

Self-Management

Promoting Strengths

We do this by providing an ambitious, nurturing and diverse collection of interventions and services to those experiencing difficulties and their families. We build on an individual's Recovery Capital - which is a *whole person approach*. Recovery relates to the 'personalised process' experienced by an individual. Recovery Capital is understood as the sum of resources that aid the process of Recovery. Recovery can be measured by a variety of outcomes such as wellbeing, hope, aspirations, community engagement and quality of life of an individual.

Our commitment is to provide the highest quality services to the residents of Bexley Borough through our highly-experienced team, our programme and content.

Introduction

Introduction

At Mind in Bexley we set up the Recovery College in June 2014 to empower people with mental ill health to become experts in their own recovery. The interventions we offer 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 resides in the Bexley Borough with lived experience of mental health challenges and their loved ones. The Recovery College is also open to people who work or volunteer within Bexley borough.

Core Principles

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

How to enrol

- 1 - Explore our prospectus
- 2 - Browse through the descriptions of the interventions which interest you
- 3 - Check our term timetable to see when your selected courses/ workshops/ activities are running
- 4 - Select your choices 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 to refer on your behalf.

Please call the Team to discuss further on
0208 303 5816

Most of our courses and workshops are free however some do require a small commitment fee.

Roadmap to Learning

We follow the four phases of learning in our curriculum. This means our products follow these concepts as a roadmap to learning, help steer design and create innovation.

The four phases of learning are:

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

Learn & Practice Gain an understanding of mental ill health diagnosis and discover improved 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



Everyone who engages with the Recovery college will work through a personalised Wellness Plan. The plan was designed in partnership with those with lived experience to support an individual through their Recovery Journey. The plan will enable people to form hope, gain control and seek opportunity.

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 co-designed by people with lived experience and have been 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.

Please see workshops titles below:

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



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 mental ill health 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

Attend our open studio space as a channel to self-express, explore and communicate with self/ others. The 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 skill set to take part.

The open space studio sessions include:

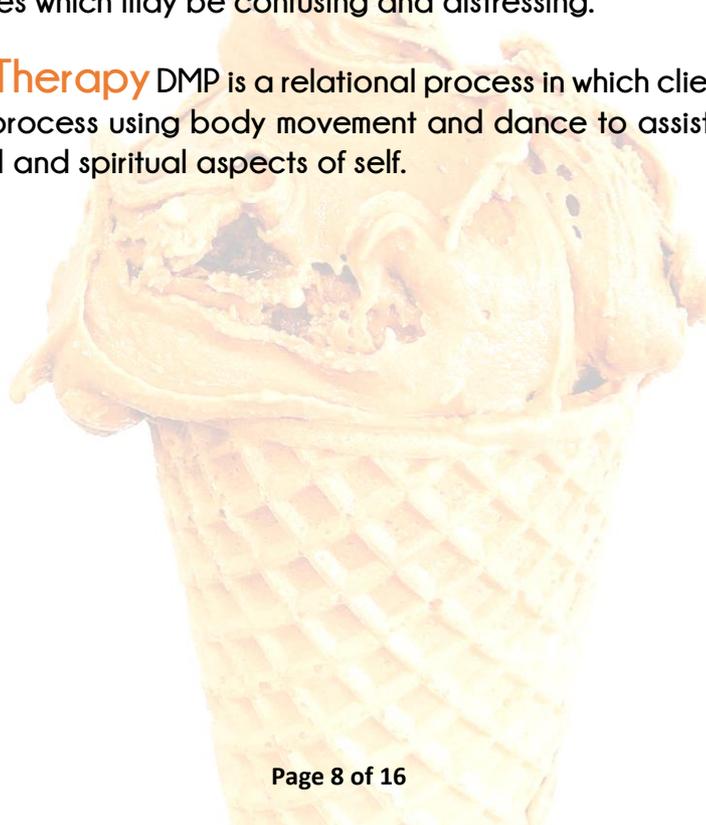
Creative Writing Begin the process of letting your thoughts and feelings flood onto the page. The practice emphasizes character growth, developing resilience and communicative outlet.

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 your quality of life.

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 an 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 it can also help boost your self-esteem. 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 and anxiety is, recognise signs, identify causes, develop skills to deal with pressure and develop skills to respond in a healthier way. (4 weeks)

Emotional Equilibrium This workshop focuses on addressing the balance and what happens when we fall out of balance. Emotional equilibrium is where the mind and body gives us a sense of being calm and relaxed, yet being engaged and alert.



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. (3 weeks)

Emotional Resilience Those with more emotional resilience can 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).

Tai Chi Combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th-century China, tai chi is now practised around the world as a health-promoting exercise.

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

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 (18-25 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 suffering 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 to find employment This workshop will help you learn 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



Universal Interventions



Our universal workshops are tailored to address the most frequent barriers to improving someone's wellbeing. Often, they may be contributing factors to an individual's decline in mental ill health. These sessions are to provide a holistic overview to increase recovery capital. We work in collaboration with a variety of partners to provide these sessions.

Physical Health & Wellbeing Checks We are dedicated to reducing the life expectancy gap between those experiencing mental ill health and the national average. We believe that equality, opportunity and education are key factors to address this problem. Book into one of our fortnightly physical health and wellbeing clinics 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



Universal Interventions



Most fires are preventable. The most effective firefighting technique is prevention. Delivered in partnership with London Fire Brigade we will provide Fire Safety workshops for all to access.

Importance of Physical Activity workshops aims are:

- Improve health
- Build positive relationships
- Build confidence and self-esteem
- Manage emotions in a constructive way and relieve stress



Illegal Money Lending Workshop - It is estimated that there are 310,000 people in debt to illegal money lenders in the UK. The Illegal Money Lending Teams (IMLT) within the UK work to raise awareness of what illegal money is while investigating and prosecuting loan sharks.



DWP Department for Work and Pensions

Mind in Bexley co-facilitate the calm and quiet space in Bexleyheath Jobcentre Plus – Speak to your work coach to find out

People with diabetes spend just three hours a year with a healthcare professional, meaning 8,757 hours is spent managing their condition alone. Diabetes education can help your patients understand and manage their condition better, leading to fewer complications and a greater sense of confidence.

DIABETES UK
CARE. CONNECT. CAMPAIGN.

Carers in Mind

Mind in Bexley provide emotional support, peer support activities and information and advice to relatives and friends caring for someone over the age of eighteen and experiencing mental ill health and/or drug and alcohol problems in Bexley outside of what services have been outlined in the prospectus.

Being a carer for someone can be isolating and demanding, both physically and emotionally and can put extra strain on you, especially as you have to carry on with your own life as well.

Being responsible for someone else in addition to managing your own life can be a significant strain. The needs of carers are often overlooked especially when the needs of those they are caring for are more obvious or immediate.

Even if you manage your responsibilities effectively you may, at some point, need support, empathy and a space to talk. You may just need extra support during difficult periods such as behaviour changes in the person that you care for due to illness.

Some of the services we offer are:

- Carers Forum with guest speakers from across primary and secondary care services
- Wellbeing Events
- Emerton Close Support Group
- Inpatient Support Group based at Queen Mary's hospital

If you feel you may benefit from Carers Support you can self-refer by telephone.
Phone: 0208 303 5816 (Option 4)



Where are our courses held?

We hold our interventions in a variety of locations across the Borough to ensure local accessibility 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

Engage with our wider network to help sustain your recovery, some of our sessions include:

- Vietnamese and Chinese social group
- Women's group
- Film club
- Walking group
- Asian women's group
- Moving forward
- Tai Chi
- Pilates
- Move your mood – exercise class

- Mixed social group
- Hearing voices
- Mothers embrace

Feedback from people who attended our workshops and courses last term:

Learning more about anxiety and my stress factors

Engaging with the tutor and other students about our shared experiences

Friendly, non-judgemental and safe atmosphere

Easy to follow and informative - great instructors

Being around others who feel the same - I didn't feel alone

Having the time to really understand me

Really interesting - kept me hooked all the way

Team participation - didn't feel pressured

Clear and relevant

Clearer about my condition

Learning more about anxiety and my stress factors

Learning new tools - the stress bucket and mental filtering

Beginning of my new path

The sense of togetherness

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

Please call the Team to discuss further on
0208 303 5816

