

Lincolnshire Recovery College

Free courses for the Autumn Term 2019



A way of learning about mental health together



Easy read version

What we offer.....



Our free courses are for anyone over the age of 16



Our courses help people to understand and improve their wellbeing



The people who do the training

- People who have mental ill health experience
- Qualified trainers
- Health professionals



Our courses are held in places around Lincolnshire



The courses are short and they have had great feedback from people who have been to them

What we believe.....



Hope

Hope is a very important part of recovery

Having mental ill health can be very difficult and challenging but you can have a good life



Control

You choose what courses to take and how much you want to join in

You make the positive changes in your life



College

Opportunity

We all need opportunities to grow and develop

If we are mentally unwell it can feel like doors are closed to us but at the college we will work to try to open those doors with you

What you can expect from us...



Courses are held in relaxed classrooms



We have breaks
you will need to bring a drink
with you



You can take part as much as
you like



During the courses you might.....

- Watch videos
- Listen to people's stories
- Do a quiz
- Play games
- Group work

We need you to think about...



Do you have any communication needs?



Do you understand what the course is about?



Do you think you will need any **reasonable adjustments** or changes making so that you can take part in the course?



What sort of support do you think you might need?



If you need to please bring someone with you for support They also need to fill in an application form

What we expect from you...



We would like you to arrive 10 minutes before the course starts



Please tell us if you are not able to come to the course



Do not attend the course if you have been drinking alcohol or taking illegal drugs








Please respect the room and building and report any health and safety concerns to us

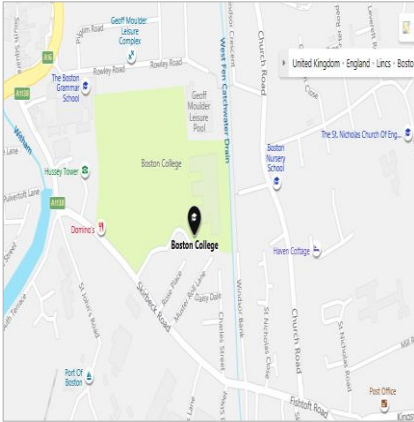


Please respect the **course agreement**
This is on the next page

Our course agreement

	<p>This is an educational course not a group therapy session We will be mindful of what we talk about</p>
	<p>We will get involved in the activities and discussions as much as we are comfortable with</p>
	<p>We will respect our differences</p>
	<p>We will allow everyone the chance to speak One at a time</p>
	<p>We understand the trainers might not have all the answers</p>

Where are the courses?



Boston College
Rochford Campus
Skirbeck Road
Boston
PE21 6JF

Parking available on campus



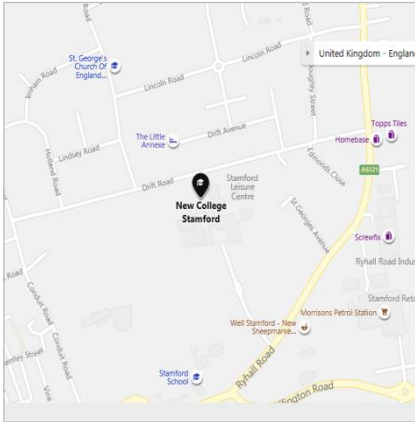
Grantham College
Stonebridge Road
Grantham
NG31 9AP

No parking available on campus

Nearby car parks;
Welham Street – 8 minute walk to college

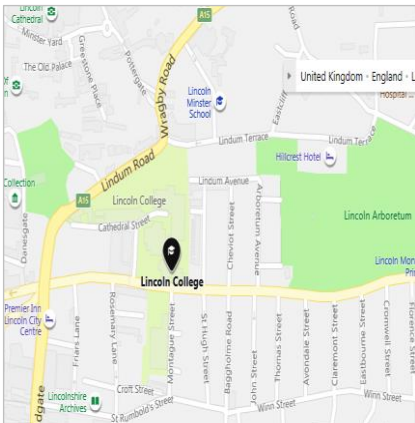
Castlegate – 10 minute walk to college

St Catherine's Road – 12 minute walk to college



New College Stamford
Drift Road
Stamford
PE9 1XA

Parking available on campus



Lincoln College
Monks Road Campus
Monks Road
LN2 5HQ

No Parking available on campus

Nearby car parks;
Rosemary Lane – 4 minute
walk to college

St Rumbolds Street – 7 minute
walk to college

Broadgate – 8 minute walk to
college

What are the courses?



These are short single sessions
They last between 2 and 3 hours
with a short break

Lost your spark?

How to manage low mood and depression better

Stressed out?

How to manage the stresses of life better

Feeling the fear

How to manage our anxiety better so that we live life more

Understanding bipolar disorder

Learning more about bipolar

Understanding borderline personality disorder

Learning more about borderline personality disorder

Understanding psychosis

Learning more about psychosis

Understanding dementia

Learning more about dementia

What is recovery?

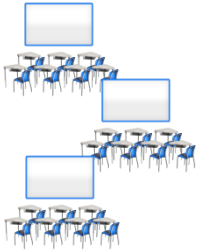
Helping us to understand what recovery is

Bouncing back

Exploring resilience in mental health and learning to cope

These are longer courses

They can be 2 or 3 separate sessions



Each session can be between 2 and 3 hours

You need to attend all of the sessions of the course

Developing my own wellness recovery action plan WRAP

3 sessions

Making action plans to help us to manage our mental health and wellbeing

Dreaming of a better sleep

2 sessions

How to get a better night's sleep

Making myself heard

2 sessions

How to communicate in a more assertive and effective way

Self-compassion

Because we're worth it

2 sessions

How to be kinder to ourselves

Living well with voices

2 sessions

Understanding the experience of hearing and living well with voices

Living beyond the label

2 sessions

It is not about what label you have but how you wear it

Changing for the better

3 sessions

How we can successfully make positive changes in our lives

Meet the team



Kathryn Hopkins

AHP deputy lead and recovery college service development manager



Emma Taylor

Recovery college co-ordinator



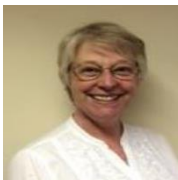
Ed Stables

Recovery college occupational therapist



Sarah Wallace

Recovery college peer trainer



Helen Bussey

Recovery college volunteer



John Dwane

Recovery college volunteer

Are you interested?



Talk to someone from the recovery college



They will be able to give you more information



They will tell you about the online application form

[Link to recovery college website and application form](#)



Telephone

01522 518500



Email

Recoverycollege@lpft.nhs.uk

hope | control | opportunity

“I feel more
able to talk
openly, free
from
judgement”

“Fantastic
course, I learnt
so much from
the trainers
who “got it””

www.lpft.nhs.uk/recovery-college

The Lincolnshire Recovery College is proud to work in partnership with



made with
photosymbols®

Made by the learning disability service using Photosymbols
and in line with the
accessible information standard