Recovery and Wellness College
SHSCT

PROSPECTUS
2019/2020

E: recovery.college@southerntrust.hscni.net
Welcome to the Recovery & Wellness College in the Southern Trust

We are pleased to present the prospectus for our Recovery & Wellness College. The College provides an innovative shared learning environment for everyone over the age of 16.

The College is at the heart of our Trust-wide commitment to Wellness/Recovery. Wellness means the process through which people find ways to live meaningful lives, with or without the ongoing symptoms of their condition. It is a personal journey of discovery that involves making sense of and finding meaning in what has happened, becoming an expert in your own self-care, building a new sense of self and purpose and discovering your own resourcefulness.

The College courses and workshops are co-designed and co-delivered by people with lived experience of mental and physical health challenge, mental health practitioners and carers. Courses and workshops are open to everyone, including people of lived experience and staff from all services and departments across the Trust in order for everyone to learn from each other. Students are treated as equals and have a role alongside staff running and leading sessions at the College.

The College follows an adult education model and aims to deliver a responsive, peer-led education and training curriculum of Wellness focused courses and workshops. We promote opportunities for the Wellness and social inclusion of people with lived experience of mental health challenges.

The College offers a range of courses and workshops that we hope will help you discover and realise your potential, focus on the skills and strengths you have, then explore the choices you have. We want students to have a say in what works for them, have a voice, be heard, and realise the choices in their Recovery journey.

We are constantly developing a curriculum of courses and workshops for the College and we hope you will find something that interests you.

The Recovery & Wellness College Team
Frequently Asked Questions

Why do we choose the name Recovery and Wellness College?

The College delivers education and training programmes for everyone. Mental, emotional and physical wellbeing is everyone’s right. Our terminology reflects the value we put on this.

Where can I find the Recovery & Wellness College?

The Recovery & Wellness College admin hub is based at Trasna House, Lurgan and the courses and workshops are delivered in a range of community venues.

Do I have to pay for Recovery & Wellness College courses?

No. There is no cost attached. The Recovery & Wellness College is open to all over 16 years of age; those with lived experience of mental health challenges, carers, families and members of the public.

Does the Recovery & Wellness College offer therapy?

In order for people to become experts in their own lives, the College offers an educational approach that promotes personal resourcefulness and awareness. The College does not offer therapy.

Do I have to be referred?

No. Individuals register for their chosen courses by completing a registration form.

How can I find courses in my area?

Recovery & Wellness College courses are open to the whole community and so are delivered in a range of venues across the Southern Trust area. For details contact our administration team, follow us on facebook, or visit the Mental Health Forum website event calendar. If you choose to register your mobile number with us, we will also issue text alerts.
How can I register?

**STEP 1**
Contact the Recovery College to request our enrolment form by either email or phone:

E: recovery.college@southerntrust.hscni.net  
T: 028 3756 1938 / 028 3756 2292

**STEP 2**
Once you have completed the enrolment form and returned it to us, you will be a student of the Recovery College. (you will only have to complete this form once)

**STEP 3**
The prospectus gives a short description of all our courses on offer. It does not give a timetable for each term. A text message is sent at the start of each term notifying you that the timetable is ready.

**STEP 4**
Once the timetable is released you can contact us to register for the course/s you wish to attend either by phone or email.

**STEP 5**
We will send you a reminder text before your course is due to begin. If you are unable to attend please let us know asap so another student can take your place.
Student Access

The Recovery & Wellness College current courses and workshops are provided free of charge and are available to people aged 16 and over.

About the courses and workshops

All of the courses and workshops provided at the College are designed to contribute towards wellbeing.

Courses and workshops are offered at a range of venues across the Southern Trust area."

The Recovery & Wellness College’s aims are underpinned by the following principles:

- Open access and inclusion
- All people accessing the College are treated as students and are not defined by prior roles or identities
- Celebration of the lived experience of all and recognition that everyone has ability to change and grow

Access to venues and facilities

We aim to provide an accessible and inclusive learning environment for all students at the College. When completing registration, please let us know in advance of attending your course, if you have additional needs and we will do our best to support you.

The Recovery & Wellness College has no responsibility for care co-ordination, key working, clinical risk assessment or management over and above the safeguarding responsibilities of a Further Education College.
College Charter

We want to ensure that every student of the College has a positive, enriching experience of their chosen course.

In our courses, there is no expectation that anyone will mention anything about their personal or professional life, their history or their physical/mental health challenges. If anyone does share anything, we ask you to treat what is discussed with complete confidentiality and, that you share with care.

_Students should:_

- Behave in a responsible manner designed to foster mutual respect and understanding between all involved in the Recovery & Wellness College.
- Respect the rights, life choices, beliefs and opinions of others (do not discriminate against others with regard to race, gender, sexuality or other characteristics).
- Behave in a manner appropriate to the learning environment that is non-threatening and non-disruptive, and is unlikely to lead to physical or emotional harm toward students or College staff whilst attending courses.
- Refrain from the use of alcohol or street drugs whilst attending courses/sessions. All venues are non-smoking.
- Agree and adhere to the group contract for the course/s you are attending.

Everyone, including tutors, has a responsibility to ensure that this code is respected.

Facilitators will create a safe place for students to explore possibilities.
Introduction to the Recovery & Wellness College

- **Duration**
  2 hours

- **Requirements**
  None

- **Award**
  Certificate of completion

This course provides all the essential information about the Southern Trust’s Recovery & Wellness College. Trust educational courses on health and wellbeing issues will be available to the public in community venues.

All of these courses are designed and delivered by a mix of health professionals, people with lived experience and carers/supporters.

If you would like to find out more come along and meet our trainers – they’ll be happy to answer your questions.

You can also register for upcoming courses in your area.

*Topics covered include:*
- What is Wellness?
- How does a Recovery & Wellness College work?
- What courses are on offer and where?
- Registering for a course
Recovery By Discovery

- **Duration**
  2 hours

- **Requirements**
  None

- **Award**
  Certificate of completion

Increasingly, people are embracing the concept of Recovery as they seek to maintain their health and wellbeing. The ‘Recovery approach’ holds that individuals can lead a satisfying and meaningful life with or without the symptoms of mental illness.

*Recovery by Discovery is a workshop which allows participants to*

- Explore the universal concept of Recovery/Wellness
- Discover why Recovery should be an integral part of all our lives
- Come to a fuller understanding of what Recovery can and does mean to each of us
- Understand the impact of a Recovery orientated approach from different walks of life and perspectives
- Explore actions and supports which can further our Recovery journey
Wellness Recovery Action Planning (WRAP)

- **Duration**
  8 Weeks x 2½ hours
  or Programme over 2 full days

- **Requirements**
  Introduction to the Recovery & Wellness College + Recovery by Discovery

- **Award**
  Level 1 WRAP Certificate of completion (©Copeland Centre*)

- WRAP is a simple structured, self-management tool to help people explore how they can build resilience and maintain their health, wellbeing and Recovery.

- WRAP is for anyone who wants to create positive change in the way they feel, and increase their enjoyment of life.

- Participants will explore wellness through small and large group discussion and there will be time for individual reflection.

- By the end of the course each participant will have completed their own personal WRAP plan.

*www.copelandcenter.com*
Your Voice Your Choice

■ **Duration**
6 Weeks x 2½ Hours

■ **Requirements**
None

■ **Award**
Certificate of completion

You might find it difficult to speak for yourself, especially if you have been ill or faced trauma in your life. You may not know who to speak to or what your rights are in any given situation. In this programme students will have an opportunity to:

■ Develop an understanding of self-advocacy
■ Explore the challenges around having a voice and using that voice to have one’s needs met
■ Look at the barriers to communication
■ Discuss personal responsibility
■ Discover the benefits of education, self-awareness and knowledge
■ Develop practical skills and tools for communicating effectively
Understanding Advocacy (OCN Level 2)

Inspire and the Open College Network (OCN) offer this programme. It is an excellent source of personal development and can be a stepping stone to potential volunteering opportunities in advocacy.

Advocacy contributes to supporting and facilitating Recovery.

Participants will

- Understand the basic principles of advocacy and recognise how they can impact positively on an individual’s life.
- Recognise the barriers to advocacy
- Understand what constitutes assertiveness
- Understand the partnership approach
A Good Night’s Sleep

- **Duration**
  2 hours

- **Requirements**
  None

- **Award**
  Certificate of completion

There is a close relationship between our sleep and our health. Living with a mental or physical health problem can affect how you sleep, and poor sleep can have a negative impact on your health and wellbeing.

This workshop will explore how sleep works, why we need it, and the common causes of some sleep problems. The aim is to help you improve your understanding of sleep and how you can tackle your personal night time challenges.
Wellness Through A New Lens

- **Duration**
  3 Weeks x 2½ hours

- **Requirements**
  None

- **Award**
  Certificate of completion

The 3 week wellness workshop will enable students to look at their own unique journey in life. It will help to identify what is meaningful and will explore different perspectives on wellness and personal growth. Hope, opportunity and choice is interwoven throughout this workshop. Students will look at practical ways of developing a new lens through which to see their lives.

This course provides the opportunity to develop greater self-awareness and insight through the medium of art. Students will explore strengths, hopes and goals as they move forward in their recovery journey.
Write where I’m meant to be

- **Duration**
  3 hours

- **Requirements**
  WRAP + Your Voice Your Choice

- **Award**
  Certificate of completion

In order to benefit from this course, attendees must be far enough progressed in their personal recovery, to be comfortable accepting help to articulate emotional themes of their personal story. This is a challenging but very rewarding course for those able to reflect and express recovery from periods of distress, trauma or despair.

This workshop offers a supportive space and practical tools for people to begin writing their Recovery story. Participants are free to express themselves without worrying about things such a spelling, grammar or formal skills. Although there is no obligation to publicly share in the room, there will be opportunity for exchange of inspiration, tips and ideas.

Participants will:

- Connect with their story and begin bringing it alive in their own words
- Understand how stories can support and inspire
- Develop confidence and practical tools for self-expression and reflection
- Explore and consider the impact of writing/sharing deeply personal stories and the importance of self-care while doing so
- Discover ways to apply and develop new writing confidence
Most of us care for, support or 'just be there' for others, sometimes this can be challenging as it can take a lot of energy. Being there for people is a course that focuses on the importance of emotional wellbeing through self-compassion and self-care.

This course is suitable for everyone and you do not need to be in a direct caring role to benefit.

Caring for someone takes strength and the ability to look after ourselves.
Complimentary Approaches to Good Mental Health and Wellbeing

■ Duration
3 Weeks x 2½ hours

■ Requirements
None

■ Award
Certificate of completion

This course aims to empower participants to explore alternative approaches to managing health and wellbeing. We will provide an overview of some of the more common complimentary therapies with practical taster sessions included. Wellness has endless potential and possibilities and we hope to inspire you to discover new ways of managing your wellbeing and developing a deeper understanding of yourself as a unique individual.

We will explore
■ Yoga
■ Meditation and breathing techniques
■ Crystal Therapy
■ Tapping
■ Reiki
■ Reflexology
■ Aromatherapy
■ Journaling
Coping with Christmas

- **Duration**
  2 hours

- **Requirements**
  None

- **Award**
  Certificate of completion

Christmas can be a stressful time for many people. We are faced with the bright lights, cheerful music and pictures of people having fun. Yet beneath this can be financial worries, loneliness, family struggles, addiction issues and eating distress amongst others. But there are things we can do to ease this time and take better care of ourselves.

This course aims to help people take back some control at Christmas by learning to say no, managing a budget, identifying supports, prioritising self-care and exploring other useful tips to make this a more enjoyable time of the year.
Essential Meeting Skills

- **Duration**
  3 Weeks x 2½ hours

- **Requirements**
  None

- **Award**
  Certificate of completion

This two-part workshop will benefit anyone having to facilitate or actively participate in structured meetings. Through discussion and activities, students will explore group dynamics, practicalities, and roles/responsibilities. Over the two sessions you will build confidence and knowledge, and identify and understand core elements of effective Chair and Notetaker/Secretary roles.

Suitable for complete beginners and those seeking to refresh their skills

**Participants will**

- Explore expectations and build confidence in groups
- Learn about the impact of language and good communication
- Understand the value of coproduction and accountability
- Understand the importance/implications of information management
- Explore what makes an effective Chair or Notetaker/Secretary
Understanding Addiction - Part 1 & Part 2

- **Duration**
  2 hours each

- **Requirements**
  None for Part 1
  Part 1 needed for Part 2

- **Award**
  Certificate of completion for each part

*This course gives an outline of issues around addiction*

- Consider different stages of addiction looking at how change can happen and examine issues around denial and acceptance
- Consider the impact of alcohol and drugs on a person’s mental and physical health
- Consider the impact of alcohol and drugs on social living
- Consider the impact of alcohol and drugs on personal finance
- Discussion on subjects such as benefits of sobriety, harm reduction, abstinence
- Discussion on ways of accessing help and support
Understanding Autism in Adults

- **Duration**
  2 hours

- **Requirements**
  None

- **Award**
  Certificate of completion

This course will create an awareness of how a diagnosis of high-functioning Autism Spectrum Disorder (ASD) impacts on individuals, families and carers. The target group for this workshop is anyone with this diagnosis, any carer of an adult with high-functioning ASD and anyone with an interest in ASD in adulthood.

**Topics covered include:**

- Mental health issues including anxiety and depression – current approaches/strategies.
- Sensory issues within ASD and what can be done to address them.
- Relationships: Difficulties establishing relationships and maintaining them.
- The importance of structure and daily routine in maintaining wellbeing.
- Employment/Occupational identity: The challenges people experience.
- Financial issues and benefits.
- A look at the Pros and Cons of using social media.
- The importance of and challenges around support systems for adults with ASD.
Understanding Bipolar Affective Disorder

- **Duration**
  2½ hours

- **Requirements**
  None

- **Award**
  Certificate of completion

This course will create an awareness of the impact of a diagnosis of Bipolar Affective Disorder (BPAD) on individuals, families and carers. It will be of particular interest to anyone with this experience as well as professionals keen to learn more about this.

We will explore

- What Bipolar Affective Disorder is
- How it can impact on a person’s life
- Treatment options
- Creating wellness and stability within the context of recovery values and principles
Understanding Medications

- **Duration**  
  3 hours

- **Requirements**  
  None

- **Award**  
  Certificate of completion

In this session participants will learn how to access information about medication and how taking responsibility and educating yourself about medication is an integral part of mental health wellbeing and recovery.

*This course will*

- Explore beliefs about medication
- Discuss broad classes of medication
- Learn how to access information on medication
- Hear how recovery and mental health education are inextricably linked
Learning to Co-Produce

Co-Production means working with Carers, People with Lived Experience and Professionals as equal partners in the design, development and delivery of Recovery College courses.

The Recovery College values the unique skills and experience acquired by people throughout their personal and professional lives. Co-production is at the heart of transforming mental health services and offers an opportunity to break down barriers through partnership working.

Participants will explore

- What is co-production
- The values & principles underpinning co-production and co-delivery
- The importance of partnership working
- How to co-design a course
- The importance of language and dialogue
- Meeting the required competencies and standards
Training for Trainers (T4T)

- **Duration**
  2 days

- **Requirements**
  None

- **Award**
  Certificate of completion

This is a practical and interactive 2 day workshop for people who are keen to get involved in the facilitation and delivery of training, as well as those who would like to increase their confidence and skills.

**Aims and learning objectives**

- Develop an initial understanding of training and facilitation skills
- Develop a skillset and enhance confidence in delivering training sessions and completing courses
- Develop a better understanding of the value and importance of co-production and co-delivery
- Develop an understanding of the challenges of training with different people
- Enhance confidence in use of audio-visual equipment for presentation
The Mental Health Care Pathway

- Duration
  ½ day

- Requirements
  None

- Award
  Certificate of completion

This workshop is of particular interest to staff in mental health and will help staff integrate the pathway into everyday practice. As the Pathway provides guidance for enhancing the quality of service experience, it will also be of interest to service users and carers.

Aims and learning objectives

- To help participants to reflect on current practice
- To inform attendees what the Care Pathway is all about
- To move towards the situation where individuals are better informed and are aware of their health needs both mental and physical; to be supported in taking personal responsibility for their own wellbeing
- To enable staff and people with mental health challenges to better work together, taking account of the person’s individual values and beliefs and also the promotion of wellbeing.
Getting involved in Co-Production and Co-Delivery

Staff, carers, service users, and others with expertise skills and passion in the area of mental health and wellbeing, are encouraged to contact us with ideas or to register interest in contributing to co-production.

The College is committed to offering learning in a shared space and education to everyone in the community who has an interest in wellness and recovery topics.

Being involved in the Recovery & Wellness College can be a powerful way of supporting your own recovery as well as helping others on their journey. We each have different yet equally valuable knowledge, experience and expertise; by applying yours to co-design of College courses you can inspire and encourage others.

Our ethos is strength based, so we promote three key principles:

**HOPE**
Continuing presence of hope that it is possible to pursue one’s aspirations

**CONTROL**
The need to maintain a sense of control over one’s life

**OPPORTUNITY**
The important of having the opportunity to build a life beyond illness
Opportunities with the Mental Health Forum

There are many opportunities to contribute directly to the improvement of services in mental health and the experiences of those engaging with them; the Forum creates opportunities for this. No matter what your work/life balance or time availability, there will be a way you can add your voice and your experience.

Mental health carers and service users can also express interest in the Forum’s mentored capacity building programme, specifically designed to work 1:1 with those moving into more challenging but highly rewarding coproduction opportunities.

The Mental Health Forum brings people together as an informed cohesive and respected voice, to partner with services and provides a capacity building pathway and peer support for those involved. With recovery principles as core, the Mental Health Forum offers context, information and skills, with opportunities to build confidence.

If you are interested in using your lived experience in a positive way contact:
Elaine Fogarty 028 3025 2423   elainefogarty42@gmail.com

*The Mental Health Forum is an Independent registered Charity.*
Notes
Contact Us

For enquiries, registrations, and comment, contact our admin team.

**Email:** recovery.college@southerntrust.hscni.net  
**Telephone:** 028 3756 1938 / 028 3756 2292  
**Post:** Recovery & Wellness College Administration Team (SHSCT), Trasna House, Connolly Place, Lurgan, BT66 8DN

Like us on Facebook for course updates and news  
Look for Recovery and Wellness College SHSCT

For online registration, look for the Recovery College button on the sidebar of the Mental Health Forum website  
www.thementalhealthforum.co.uk
GET INVOLVED TODAY

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