



Plymouth Recovery College

Programme
January – March 2013

Welcome to Plymouth Recovery College

What do we do?

We offer a wide range of recovery focused educational courses and resources aimed at supporting people in recognising and making the most of their talents and resources; through self management to deal with the mental health challenges they experience and to achieve the things they want to in life.

All our courses are designed to contribute to well being and recovery. They offer opportunities to gain understanding of mental health challenges, the journey of recovery and the hope that taking control and self management can bring.

The College is friendly and welcoming and available to everyone whether you have lived experience, whether you are a friend, family or loved one of someone with such experience or work with people who have experience of mental health challenges.

We are offering an increasing number of courses which currently run across 4 areas and vary in content, length and learning:

- Understanding mental health issues, treatment and options
- Rebuilding your life and developing positive lifestyles and choices
- Developing skills and opportunities to increase your leisure opportunities
- Getting involved in your community through education, volunteering and employment

The courses are co-produced and co-delivered wherever possible by people with lived experience of mental health challenges and people with experience through training.

Learning support: Our commitment to you

We offer advice and guidance about our courses and their content, Together with you we will go through an individual learning plan prior to your start with us and at intervals as your courses progress, helping you to identify your goals, hopes and ambitions and chooses courses which best meet those goals. Within the learning plan there is opportunity to discuss any learning support you feel you may need so that we can do everything we can to support you.

General Information

The Plymouth Recovery College is based at:

8 Woodside
Greenbank
Plymouth
PL4 8QE

Contact us on: 01752 512280

email: recovery@plymouthmind.org.uk

CONTENTS

Understanding Mental Health Issues, Treatments and Options	
1	Coping with Depression
2	Bipolar Support Group
3	OCD Support Group

Rebuilding Your Life and Building Positive Lifestyles and Choices	
4	Mindfulness
5	Exploring Self Care and Compassion
6	Living Life to the Full
7	Understanding Your Anger Level 1
8	Understanding Your Anger Level 2
9	Holding on to your Money
10	Healthy Cooking on a Budget
11	Building Your Confidence
12	Developing Assertiveness

Developing Skills and Opportunities to increase your Leisure Opportunities	
13	Parkside
14	Lunch Club
15	Creative Minds
16	Music
17	Women's Arts and Craft
18	Table Tennis
19	Mosaics

Getting Involved in your Community through Education, Volunteering and Employment	
20	Back to Work Workshops
21	Develop your Computer Skills

Understanding Mental Health Issues, Treatments and Options

Coping with Depression

Course Overview

The course will run for six weeks. It is designed to help you to learn more about how to manage depression through better understanding and by developing new ways of coping in the future

Dates: Tuesday 19th February 2013 – 26th March 2013 2.00 – 3.30

Bipolar Support Group

Course Overview

This group is open to all individuals with experience of bipolar affective disorder either through personal experience or as a partner, friend or someone who cares. Members of the group learn from and support each other by sharing their experiences and discussing what helps them to stay as well as possible and cope with their condition

Dates: First Monday of each month (except Bank Holiday when it is second Monday)
7th January 2013 – 25th March 2013 4.00 – 5.30pm

OCD Support Group

Course Overview

The group is open to anyone with Obsessive Compulsive Disorder (OCD), Body Dysmorphic Disorder (BDD) or a related condition. The aim of the group is to provide an opportunity for people to meet, to share information and experiences; to support each other; discuss what helps and learn from each other in a friendly understanding setting

Dates: Alternate Wednesdays 9th January 2013 – 27th March 2013 4.00 - 6.00pm

Rebuilding Your Life and Developing Positive Lifestyles and Choices

Mindfulness

Course Overview

This course will run for six weeks. Mindfulness provides us with a way to cope with the stresses and strains of everyday living. You can't avoid stress but you can do something about its negative effect. In this course you will learn how to use mindfulness techniques such as deep breathing, visualisation and mediation which, when practiced regularly can help you to reduce your stress and anxiety. Mindfulness is an ancient practice which is still very relevant for our lives today

Dates: Tuesday 8th January – 12th February 2013 2.00 – 3.30pm

Exploring Self Care and Compassion

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Course Overview

This course will run for six weeks. It is designed to explore self-acceptance, self compassion and increased feelings of self-worth. The group will work with a fictional character named Sam to enable them to gently address their own thoughts and behaviours. It will not focus on the participants personal experiences. You will have a safe and supportive environment in which you will be able to look at how you can cope with life in a way that suits you

Dates: Wednesday 20th February – 27th March 2013 2.00 -3.30pm

Living Life to the Full

Course Overview

This course will run for eight weeks and is designed to enable people with mild to moderate depression and anxiety develop their life skills. You will learn to identify the link between your thoughts, feelings and behaviour as well as have the opportunity to learn and practice new strategies. The course will assist you in making improvements in your life

Dates: Friday 11th January – 1st March 2013 1.30 – 3.00pm

Understanding Your Anger – Level 1

Course Overview

This course will run for six weeks and is designed for participants who recognise that their anger is having a negative impact on their own lives or those around them. It will provide an opportunity for participants to begin to understand their own feelings of anger and enable them to learn strategies which will assist them to express their feelings more effectively

Dates: Thursday 10th January - 14th February 2013 11.00am - 12.30pm

Understanding Your Anger Course – Level 2

Course Overview

This course will run for six weeks and is for participants who have completed the level one Understanding Your Anger and wish to explore the origin of their feelings of anger in more detail

Dates: Thursday 28th February – Thursday 4th April 2013 11.00am – 12.30pm

Holding on to your Money

Course Overview

A three week workshop comprising of a one and a half hour session each week aimed at people who have difficulties managing their own finances.

Week 1: We look at balancing what comes in and what goes out and helping you to establish a weekly/monthly budget which will take into account your whole financial situation

Week 2: We look at tightening up your outgoings i.e. overdrafts, credit cards, loans etc.

Week 3: We look at debt and saving money

Dates: Choose from Tuesday 22nd January – 5th February 2013 or Friday 22nd February – 8th March 2013 10.30-12.00

Healthy Cooking on a Budget

Course Overview

Come and discover you cooking talents. This course is designed to help you learn or improve your cooking skills in a small friendly group; to look at what is a healthy, balance diet and how this can be achieved on a tight budget. Participants will be asked to supply some of their own ingredients for these sessions

Dates: Wednesday 2.00 – 4.00 Wednesday 9th January 2013 – 27th March 2013

Building your Confidence

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Course Overview

This course will run for six weeks and is designed to encourage you to challenge your negative beliefs; help you to value yourself and support you to see yourself in a more positive way. This will help you to deal with life more positively

Dates: To be announced

Developing Assertiveness

Course Overview

This six week course is designed to help you communicate more effectively and get your voice heard in a positive way. It will be delivered in a fun and supportive environment

Dates: To be announced

Developing Skills and Opportunities to Increase your Leisure Opportunities

Parkside

Overview

Parkside is a friendly peer supported open access centre providing a welcoming supportive space to meet and socialise.

Dates: Monday, Tuesday & Wednesday 10.00am – 1.30pm and Friday 10.00am – 4.00pm
January 7th – 28th March 2013

Lunch Club

Course Overview

Sign up to the Lunch Club to come along and get a hot, tasty meal at a very reasonable price. You will have the opportunity to sit and have lunch with friends or make new friends and pass a couple of hours eating and chatting. You can also find out what else is going on at the recovery college

Dates: Monday, Wednesday and Friday January 7th – 28th March 2013 12.00 – 2.00

Creative Minds

Overview

A weekly fun and relaxing art group which gives you a chance to explore your creative side using a range of different art materials

Dates: Tuesdays January 8th – 26th March 2013 2.00 - 4.00pm

Music

Overview

A weekly music group where you can enjoy making music with like minded people. It includes playing and singing music, composing, drumming and percussion

Dates: Wednesday January 9th – 27th March 2013 2.00 - 4.00pm

Women's Art and Craft

Overview

A weekly arts and craft group, where women can learn new skills and support each other in a friendly, relaxed atmosphere

Dates: Monday 7th January 2013 - 25th March 2013 1.30 - 4.00pm

Table Tennis

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Overview

A Weekly table tennis group where you can practise your skills and keep fit in a friendly non competitive atmosphere

Dates: Thursday 10th January 2013 – 28th March 2013 2.00 – 4.00pm

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Mosaics

A weekly group, where you can learn the art of creating images using coloured tiles

Date: Thursdays 10th January 2013 - 28th March 2013 9.30 - 2.00

Getting Involved in your Community through Education, Volunteering and Employment

Back To Work Workshops

Course Overview

This course is run by Folium Workshops and aims to enable you to gain necessary tools to place yourself in a position of considering employment, getting employed, or voluntary work. The course is being held in a comfortable, relaxing non-judgmental environment. We aim to provide help and support by the use of group workshops, 1 on 1 help, including a peer support drop in. This means the workshops are very flexible and can be tailored to specific needs. It is run on two days a week for and offers 3 hours a week; class based lesson over a 2 month period plus 3 hours a week peer support drop in - with bookable 1 on 1 support

Dates: Monday 7th January – Wednesday 13 February & Monday 18th February – Wednesday 27th March 2013 11.00 – 1.30

Develop your Computer Skills

Course Overview

Have you ever wanted to get online and use the internet but don't know how? Would you like to learn? We offer a course called Go-on that can teach you from a very basic level. So even if you have never touched a computer before it won't be a problem. The course will teach you about computers, what the keys do and about the internet at your pace. We will be able to set you up an email account so you can shop online or keep in contact with your family and friends. If you already know your way around a computer but don't have access to one then pop in and you can use ours. We have a range of people coming in who want to learn, use the computer or just sit back and listen to their favourite music on You Tube. We can help with job searches and searching the web for information. Don't worry if you get stuck as there will always be someone around to help you out if you need it

Dates: Monday 10.00 -12.00 & 1.30-4.00 Tuesday 1.30 - 4.00 Wednesday 1.00 -4.00
Friday 10.00 – 12.00 & 1.00 – 4.00 Monday 7th January – Wednesday 27th March

Plymouth Recovery College Registration form

Name:

Date of Birth:

Address:

Postcode:

Gender:

Email:

Telephone:

Mobile:

How would you prefer to be contacted? Phone Email Text
Post

Employment Status:

Full time student Registered unemployed Unwaged

Employed full time Employed part time Not specified

Courses you are applying for:

Do you have any specific learning needs we should know about?

Who should we contact in the event of an emergency?

Do you have any medical information we should know about:

Other professionals involved or GP details:

Anything else you would like us to be aware of?

Applicant's signature:

Date:

Please send this completed form to:

[Plymouth Recovery College](#)

Plymouth & District Mind

8 Woodside

Greenbank

Plymouth

PL4 8QE

Telephone: 01752 513694

Email: recovery@plymouthmind.org.uk

Confirmation will be made by post or email. If you have any questions please get in touch.

