



Recovery & Wellbeing **ACADEMY**

A learning approach to Health and Wellbeing delivered
across Coventry and Warwickshire

Contents

Welcome	Page 2
How to enrol.....	Page 3
Expectations of the Academy.....	Page 4
Learning Delivery	Page 5

Curriculum Titles

Physical Wellbeing	Page 7
Safety	Page 9
Security, Work and Education	Page 10
Emotional Wellbeing Mental Health	Page 15
Relationships and Connections	Page 40

Not sure what courses to go on to best meet your needs?



Our course categories mirror that of the exciting Dimensions of Health and Wellbeing, which is a free online tool providing self-care information to support people in Coventry and Warwickshire's health and wellbeing.

If you are unsure which courses or areas may benefit you, please use the Dimensions tool to create your own well-being report. This may help you decide which courses are good for you. Please visit: dimensions.covwarkpt.nhs.uk. Alternatively give us a call and we will be happy to suggest some courses for you: 0300 303 266

This document can also be made available in other languages, large print, Braille and audio format upon request. ✉ Recovery.Academy@covwarkpt.nhs.uk

Welcome

The Recovery and Wellbeing Academy aims to support personal Recovery and Wellbeing.

Our Academy is not a School, College or Academy in the traditional sense of the word. You don't need to be academically minded to attend and there are no tests, exams or assessments. The Academy offers a wide range of trauma informed courses and workshops designed to empower your mental health and wellbeing, provided by a number of Partner organisations working together. Courses are delivered face to face and via online group sessions. For a full list of our venues please visit our website.

All Academy courses and workshops are completely free of charge and open to anyone over the age of 18 living in Coventry and Warwickshire who wants to better manage or understand their mental health and wellbeing. Friends, family, staff, and carers are encouraged to attend as we strongly believe in learning together to get the most out of the courses on offer.

Many of our courses are led by a tutor who has direct life experience of recovery and/or a tutor who has specialist professional skills and knowledge in that subject area. Both trainers will support students throughout.

Our courses and workshops are designed with the expectation that many people attending may feel nervous, worried or may have difficulty concentrating. Our courses and workshops are designed to be informal, friendly and enjoyable and are delivered in safe, nurturing environments. If you have further learning needs please let us know at enrolment so we can accommodate your specialist requirements.

We welcome suggestions about subjects we could cover which aren't in our prospectus. If you wish to contact us about this, please email: recovery.academy@covwarkpt.nhs.uk

What is Recovery?

"Recovery is a personal journey of discovery. It 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 in life; discovering your own resourcefulness and possibilities and using these, and the resources available to you, to pursue your aspirations and goals."

Rachel Perkins and Julie Repper

Do you need support to access the Recovery and Wellbeing Academy for the first time?

We work with a number of organisations across Coventry and Warwickshire who specialise in helping you access our courses. To find out more please call us on 0300 303 2626 or email us at Recovery.Academy@covwarkpt.nhs.uk and we can link you up with the most appropriate organisation in your area.

All courses and workshops delivered by the Recovery and Wellbeing Academy are educational and will equip you with skills and knowledge to better manage your mental health and wellbeing.

However, if you feel you require more intensive or specialist support and currently do not receive any; you can contact:

- Your GP
- Coventry, Warwickshire and Solihull Talking Therapies (formerly known as IAPT) on 024 7667 1090 or visit their website: www.talkingtherapies.covwarkpt.nhs.uk
- Central Booking Service (the central hub for local Mental Health support) on 0300 200 0011



How do I enrol?

- The quickest and easiest way to enrol is via online registration, visit: recoveryandwellbeing.co.uk/
- Alternatively you can contact our enrolment hub who will support you in the best way to enrol: ✉ Recovery.Academy@covwarkpt.nhs.uk ☎ 0300 303 2626

Accessibility

We welcome students who may require additional learning support for a range of reasons. Examples of this might include:

- Literacy problems.
- Reduced concentration.
- A learning difficulty or disability.
- Difficulty affecting participation in groups.
- A hearing or sight problem.

Please tell us about any difficulty, disability or access need you may have on enrolment if you require additional support or adjustment. Please note: we do not offer any one to one personal support.

Expectations

Expectations of the Recovery and Wellbeing Academy

- To keep your information safe and confidential.
- To provide a quality service in a safe and nurturing environment.
- Endeavour to meet the needs of each individual and support people in accessing further support.

We also ask students to be mindful of the need to keep yourself safe and only share what you are comfortable with. Comments within the group remain confidential and are not to be shared with others outside the group – but remember we cannot enforce this, therefore you are responsible for what is shared.

Expectations of Everyone

- To treat everyone with respect and kindness.
- Respect confidentiality of all students, tutors and volunteers.
- Turn up on time.
- To be sober and not under the influence of illegal substances on the day.

Key Symbols Co-production

We believe in bringing together people with varying experience, including lived, life and training experience to create and deliver our workshops and courses. This is called co-production.

We believe bringing these areas of expertise together creates the best learning experience. You will find some of these symbols next to the courses and workshops in this prospectus.



Co-created

Courses are created by people with educational and lived and life experience.



Co-delivered

Courses are delivered by people with educational and lived and life experience.



Quality approved

Courses are quality approved following positive feedback and evaluation from people who have attended the courses. All new courses will be in the process of gaining the Quality approved mark.



The best thing for me was when tutors used their lived experiences. It made me have so much hope.

Feedback from course attendee



Key Symbols Learning Delivery

The Recovery and Wellbeing Academy are now delivering face to face and via online group sessions. To find out how workshops are delivered please look out for these symbols next to the course information.



Face to face delivery in a classroom or outdoors. There are many venues across Coventry and Warwickshire.

To find all our up to date venues please visit the 'Venues' section of our website.



Courses delivered via online group sessions. We prefer that all students have their camera on and interact throughout the session. This way you and all other attendees can get the best out of the session. However, we appreciate some people may find this difficult and so it is not compulsory but is encouraged.

For online courses you will need

An internet connection and one of the following devices:

- Computer or laptop with camera, microphone and speaker(s); or
- Web enabled smart phone - either iPhone or Android phone is fine.

If your phone is not connected to Wi-Fi and you use 3G/4G/5G to connect, this will come out of your data allowance. We recommend that Wi-Fi is used but if this isn't feasible and you don't have the required data allowance on your phone, this will cost you in accordance with your mobile service provider's terms and conditions.

Privacy and confidentiality are paramount to us all and we ask all students to not take pictures or record the group session.

And lastly, please ensure that the space you use for the online group is private. Everybody contributing to the group should be in full view (i.e. nobody listening in on the side!). This way we all feel safe and comfortable when we are in the session together.

Please note: we will send the online meeting link to you in the early morning on the day of the course session starting.

Introductions

Zoom Introduction



Please join us for a one hour practical introduction to Zoom. You can practice how to use the features that Zoom has to offer, ask questions and hopefully get rid of any anxieties you might have about joining us for online group sessions.

Course Tutors: Staff from Coventry and Warwickshire Partnership NHS Trust.

Online Course Duration: One, 1 hour session.

See online course requirements on page 6.

Course provided by:



Co-created



Co-delivered



Quality Approved

An Introduction to Recovery, Co-production and the Recovery and Wellbeing Academy



'Recovery' is a word that we often hear talked about, but what is it? What is co-production, or lived and life experience? And what is the Recovery and Wellbeing Academy and what does it do?

This course aims to inform about all these concepts and begins to introduce and explore support available via the Recovery and Wellbeing Academy.

Learning outcomes:

- To have a greater understanding of what recovery means to each individual.
- To look at co-production and the value of lived and life experience.
- To introduce the Recovery and Wellbeing Academy.

Aimed at: People who have an interest in Mental Health and Wellbeing in relation to recovery.

Course Tutors: Staff and volunteers from Coventry and Warwickshire Partnership NHS Trust.

Course Duration: One, 1½ hour session.

Course provided by:



Co-created



Co-delivered



Quality Approved

Physical Wellbeing

Sleep



This session looks at sleep problems; the signs and symptoms that we can experience due to lack of sleep and their effects on us. We will look at what can be done to help improve sleep.

Learning Outcomes:

- Understand why sleep matters and the stages of sleep.
- Identify the possible causes of sleep problems.
- Learn 'Good Sleep Habits'.
- Learn when your sleep routine has become a problem and when and who to ask for more help.

Aimed at: Anyone who is experiencing difficulty getting good quality sleep.

Course Tutors: Staff from Coventry and Warwickshire Partnership NHS Trust.

Course Duration: One, 2 hour session.

Course provided by:



Co-created



Co-delivered



Quality Approved

“

“This course is full of tips and tricks to try.”

“Different approaches to help adapt to better sleeping habits.”

”

Feedback from course attendees



The Menopause and Mental Health



At any one time one third of the female population are currently peri (period leading up to) or menopausal in the UK. Yet this normal part of women's life cycle remains shrouded in stigma and quite often being incorrectly diagnosed with depression.

In this course, our tutor Sally Ward, will focus on peri and menopausal effects on Mental Health:

- Stages of Menopause.
- How Menopause affects the brain.
- Mental Health and Menopause.
- Case Study.
- Group discussion.
- Pulling things together - how do we support ourselves?

Learning Outcomes:

- What is the Menopause and how it affects our mental health.
- Shared experiences of the Menopause.
- How to support yourself and others during the Menopause.

Aimed at: A female audience aged 18 plus.

Course Tutors: Staff and volunteers from South Warwickshire and Worcestershire Mind.

Course Duration: One, 1 hour session.

Course provided by:  **mind**
in South Warwickshire
and Worcestershire



Co-created

Food & Mood



This course aims to increase your understanding of the impact that food we eat can have on our mood.

Learning Outcomes:

- Understand how what we eat has an impact on our mental and physical wellbeing.
- Learn about foods that are good for mental health and how to incorporate them into a daily diet.

Aimed at: Anyone who wants to understand the links between what we eat and mental wellbeing.

Course Tutors: Coventry and Warwickshire Mind Recovery Academy Staff.

Course Duration: One, 1½ hour session.

Course provided by:  **mind**
Coventry and
Warwickshire



Quality
Approved

Safety

Substance Use and Mental Health



This course will explore commonly known mental health disorders/illnesses that may coexist with substance misuse and identify different support avenues that are available. This course will give you an overview of different coping strategies and self-help tools and help you to easily identify what service best suits your needs.

Included in this course is the family/carer aspect, the impact substance misuse can have on them as they suffer too and how we can support them also in this journey.

Learning Outcomes:

- Give you an overview of services available for substance misuse and mental health and the referral processes involved.
- Provide an overview of addiction and how it can impact your mental health.
- Identify alternative coping strategies, self-help tools and develop abilities to set SMART goals.

Aimed at: Individuals with diagnosed or undiagnosed mental health difficulties that co-exist with substance use; for example, dealing with low mood/depression with alcohol.

Course Tutors: Staff and peer volunteers from Change, Grow, Live.

Course Duration: One, 2 hour session.

Course provided by:  **Change
Grow
Live**



“It has given me the confidence to seek help. It was a comfortable atmosphere and was nice to engage with people that did not judge.”

Feedback from course attendee

Security, Work and Education

Thrive into Work



A 2 hour workshop helping you recognise all the skills, experiences and knowledge that make you unique and how to use them to find a job that's right for you. As trained Mental Health First Aiders and experienced Employment Specialists we're here to help you shine.

Learning Outcomes:

- Understanding the 8 principles of Individual Placement Support.
- Organisational values that you consider important when finding the right job for you.
- Understand how a Vocational Profile can support your personal career objectives.
- How to manage those difficult discussions in disclosing health conditions with employers.
- What is "In Work Support"?
- The Importance of setting SMART targets.
- Build a toolkit of coping mechanisms to help with feelings of anxiety.
- Optional sign up to the free to access Thrive into Work programme where we will continue your journey towards meaningful employment.

Aimed at people who:

- Have been out of work for more than 4 weeks and want to return to work.
- Have been out of work for less than 4 weeks, e.g. Recent loss of employment, redundancy.
- Are currently in work but your job is in jeopardy due to long-term sick leave.
- Have a diagnosed or self-diagnosed health condition (Physical/Mental) which limits/hinders your ability to access "competitive and meaningful" employment.
- Are registered with a GP in the Coventry/Rugby and the wider Warwickshire region.

Course Tutors: Thrive into Work (Coventry and Rugby)

Course Duration: One, 2 hour session.

Course provided by:



“

“The tutor was kind, understanding and really tailored the advice to us.”

”



Feedback from course attendee

Understanding Personal Independence Payment



If you have a long term illness or disability – physical and/or mental, and you are aged 16 or over and under state pension age then you may be entitled to Personal Independence Payment (PIP). In this session you will find out more about PIP and the assessment process.

Learning Outcomes:

- Find out all about PIP.
- Learn about the assessment process.
- Learn what support is around to help with your application.
- Learn all about time frames for applications and reviews.

Aimed at: Anyone wanting to find out more about PIP and understand how to apply.

Course Tutors: Staff from DWP.

Course Duration: One, 2 hour session.

Course provided by:



Money Management



This course, delivered by Coventry Building Society, aims to equip individuals with the skills and knowledge to help manage money and make better financial decisions. The course will also address fraud prevention, outlining ways you can protect yourself against fraudulent activity.

Learning Outcomes:

- Recognise your spending habits.
- Understand how to budget your money.
- Fraud prevention.

Aimed at: Anyone wanting to take control of their money management.

Course Tutors: Coventry Building Society Employees.

Course Duration: One, 2 hour session.

Course provided by:



“Patience and understanding provided.”

Feedback from course attendee

An Introduction to Volunteering in Coventry



If you want to:

- Try something new.
- Meet new people.
- Build your confidence.
- Develop routine and structure in your day.
- Build skills and experience.
- Improve your wellbeing and health.
- Make a difference to your community.
- Move towards employment and enhance your CV.

Then volunteering could be for you – our session will help you to explore the benefits of volunteering, give you an in-sight into the roles volunteers undertake in Coventry and where to go if you want to volunteer.

Learning Outcomes:

- Learn about the benefits for yourself and the wider community.
- Become more able to identify the type of voluntary role you could undertake.
- Understand where to go to find out about volunteering roles you can apply for and what extra support is available to help you start/continue with volunteering.

Aimed at: Anyone in Coventry interested in volunteering to benefit their wellbeing.

Course Tutors: Staff and peer volunteers from Voluntary Action Coventry.

Course Duration: One, 2 hour session.

Course provided by:



Voluntary Action Coventry



Co-created



Co-delivered



Quality
Approved



Benefits of Volunteering - Helping others, helping you



Benefits of Volunteering - Helping others, helping you, is an introduction into Volunteering. The session covers what you can expect as a volunteer, what your rights and responsibilities are and why volunteering is good for your mental health and wellbeing, as well as benefiting the community.

Learning Outcomes:

- Understanding what being a volunteer involves.
- Understanding how being a volunteer helps the community.
- Understanding how being a volunteer can help improve mental health and wellbeing.
- How to find the right role for you.

Aimed at: Anyone looking to find coping strategies to improve their mental health and wellbeing.

Course Tutors: Tina Wragg and Ellen Alcock from Warwickshire CAVA.

Course Duration: One, 1½ hour session.

Course provided by:  WARWICKSHIRE
CAVA
COMMUNITY & VOLUNTARY ACTION



Co-created



Co-delivered

Support for People with a Health Condition.... Moving Towards Work



This session will cover a person's journey including support for those with health issues and disabilities in looking for or starting work, such as:

Learning Outcomes:

- Jobcentre support.
- The role of 'Disability Employment Advisors' (DEA's).
- Available Provision and opportunities.
- Financial Support offered through the 'Flexible Support Fund' (FSF).

And moving forward, information on:

- 'Health Adjustment Passport' (HAP).
- Disability Confident Employers.
- Reasonable Adjustments.
- Access to Work.

Aimed at: People with health challenges, Carers and Professionals.

Course Tutors: Partnership Team from Department for Work and Pensions, and Coventry and Warwickshire Partnership NHS Trust.

Online Course Duration: One, 1 hour session.

Course provided by:  Department
for Work &
Pensions



Quality
Approved

Peer Support Worker Training



This course aims to raise awareness and understanding of the role of a Peer Support Worker. The two day course looks at ways to utilise your lived and life experience to support others who are having similar experiences.

The course introduces the concept of Recovery and Co-Production and explains some of the boundaries and responsibilities required as an employee working with people in health services.

Please note: The course requires the full 2 day attendance. Failure to attend the first session will require students to rebook.

Learning Outcomes:

- To increase awareness of the roles and responsibilities of a Peer Support Worker.
- Consider some of the skills required, such as listening and communicating effectively.
- To think about how you can work together within the wider multi-disciplinary team.
- To introduce information on key concepts such as Equality and Diversity, Confidentiality, Risk Management and Safeguarding.
- To think about yourselves, how to share stories appropriately, how to manage stress, to consider self-care and why supervision is so important.

Aimed at: Anyone who is currently looking for employment utilising their lived and life experience.

Course Tutors: Staff from Coventry and Warwickshire Partnership NHS Trust.

Course Duration: Two full days, 9:30am to 3pm.

Course provided by:



Co-created



Co-delivered



Quality
Approved

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“Very extensive, all highly relevant and informative. It has also been presented in a very accessible and enjoyable format - one that has not been formal and stuffy.”

“The course was very informative and had an excellent informal manner, contributions from all were valued, and the pace of the training was very good.”

”



Feedback from course attendees

Emotional Wellbeing and Mental Health

Introduction to Anxiety



This short course aims to improve understanding of anxiety. We will look at the symptoms of anxiety and introduce some simple self-management techniques.

Learning outcomes:

- Recognise the symptoms of anxiety.
- To learn coping strategies to empower us and manage our anxiety.
- To identify where we can get more information and support if we need it.

Aimed at: Anybody who wants to find out more about anxiety and learn some self-management techniques.

Course Tutors: Coventry and Warwickshire Mind Recovery Academy Staff.

Face to Face Course Duration: One, 2 hour session.

Online Course Duration: One, 1½ hour session.

Course provided by:



Anxiety Management



This course aims to teach practical techniques and strategies to manage anxiety and stress such as relaxation, deep breathing and challenging unhelpful thinking styles.

Learning outcomes:

- Recognise symptoms of anxiety and identify anxiety triggers.
- Learn how to work with negative thoughts.
- Introduce different skills and techniques that can help manage anxiety.

Aimed at: Anyone in need of support with managing anxiety, panic attacks, stress and learning to relax.

Course Tutors: Coventry and Warwickshire Mind Recovery Academy Staff.

Face to Face Course Duration: Five, 2 hour sessions over consecutive weeks.

Online Course Duration: Four, 1½ hour sessions over consecutive weeks.

Course provided by:



Better Body Image



This session looks at body image; the symptoms and causes of poor body image and the impact that this can have on us. We will look at tools and techniques to improve body image for greater wellbeing.

Please note: The course requires the full 2 week attendance. Failure to attend the first session will require students to rebook.

Learning outcomes:

- Understand the possible symptoms and causes of poor body image.
- Identify the impact of poor body image on daily life and our experiences.
- Learn some simple tools and techniques to improve body image and achieve greater wellbeing.
- Understand when further support may be required.

Aimed at: Anyone who is experiencing poor body image and would like to enhance their wellbeing in this area.

Course Tutors: Staff from Coventry and Warwickshire Partnership NHS Trust.

Course Duration: Two, 2 hour sessions.

Course provided by:



Co-created



Co-delivered



Quality
Approved

Keeping Mentally Fit in the 2020s



This decade has proved challenging for many of us; in this course we look at why we struggle, signs and indicators that ourselves or others might be experiencing poor mental health, how to reach out to someone we are worried about and how we and those around us can stay mentally fit and speed our recovery from mental ill health.

Learning outcomes:

- Having a conversation about mental ill-health.
- Provide toolkits and strategies for building resilience.
- Where to get help and support and how to keep safe.
- Provide hope for recovery.

Aimed at: Anyone who has an interest in remaining mentally well, wishing to recover from mental ill health or wanting to be aware of how to support others.

Course Tutors: Staff from South Warwickshire and Worcestershire Mind.

Course Duration: One, 1½ hour session.

Course provided by:



Co-created



Co-delivered

Introduction to Mindfulness



In this workshop we will introduce you to the concept and benefits of mindfulness and explain how it can positively impact on your wellbeing. We will also give you a taster of short mindfulness practices to help you to begin your own personal mindfulness practice.

Learning Outcomes:

- Gain a better understanding of mindfulness.
- Experience the benefits of using mindfulness in everyday life.
- Learn simple quick mindfulness techniques.
- Find out about mindfulness resources.

Aimed at: The course is aimed at anyone who is looking to find out more about mindfulness and improve their wellbeing through using mindfulness strategies.

Course Tutors: Sue MacPherson (MBCT Trainer and Supervisor) and Dr Jivan Culshaw from Coventry and Warwickshire Partnership NHS Trust.

Face to Face Course Duration: One, 3 hour session.

Course provided by:



Trauma Awareness



This session aims to support the people of Coventry and Warwickshire to become more Trauma informed. It will introduce the concepts of trauma, what it is, how it can affect people and highlights the 6 key principles of support that people can adopt.

Learning Outcomes:

- To look at "what is trauma" ?
- Explore how trauma can impact a person's life.
- To consider the importance of self-care and self-compassion for wellbeing.

Aimed at: Anyone wanting to understand trauma and learn how to respond to ourselves and others. Please note: We advise you attend when you are experiencing a more stable period of mental health and have the ability to reflect on your experiences of direct or indirect trauma and/or periods of being unwell.

Course Tutors: Staff and volunteers from Coventry and Warwickshire Partnership NHS Trust.

Course Duration: One, 4 hour session.

Course provided by:



Co-created



Co-delivered



Quality Approved

Building Assertiveness Skills



This course aims to enable participants to understand assertive behaviour, identify barriers and explore communication blockers and boosters. It teaches a range of techniques that will aid assertion.

Learning Outcomes:

- Understand what assertive behaviour is.
- Identify barriers to assertive behaviour and explore communication blockers and boosters.
- Understand the range of skills needed to become more assertive.

Aimed at: Anyone who wants to learn about how to develop assertiveness skills.

Course Tutors: Coventry and Warwickshire Mind Recovery Academy Staff.

Face to Face Course Duration: Five, 2 hour sessions over consecutive weeks.

Online Course Duration: Four, 1½ hour sessions over consecutive weeks.

Course provided by:  **Mind**
Coventry and
Warwickshire



Facing Your Fears



This course aims to provide participants with an understanding of why it is important to acknowledge and then face their fears. It also provides participants with practical techniques, strategies and examples of how to evaluate risks related to fears and how to create an action plan to enable them to gradually face their own specific fears in a controlled manner.

Learning outcomes:

- Describe what fear is and the impact it can have on daily life if fears are constantly avoided.
- Detail what makes up The Vicious Cycle of Avoidance and Anxiety that we experience.
- Describe what Safety Behaviours are and why and when we use them.
- Identify what the four principles for success are in breaking the anxiety cycle and facing our fears.
- Demonstrate how to put the theory into practice, by making a personal action plan to then put into use.

Aimed at: Anyone in need of support with managing anxiety and stress, so that they cope and deal with a fearful situation or experience that is specific to them.

Course Tutors: Coventry and Warwickshire Mind Recovery Academy Staff.

Face to Face Course Duration: One, 2 hour session.

Online Course Duration: One, 1½ hour session.

Course provided by:  **Mind**
Coventry and
Warwickshire



Understanding Psychosis



The experience of psychosis, such as hearing voices or experiencing a different sense of reality to other people is surprisingly common. However, if long-lasting or severe it can lead to a diagnosis such as schizophrenia or schizoaffective disorder. Experiencing psychosis and being diagnosed can be a frightening and life changing event. There are lots of myths and prejudices about psychosis that can make coming to terms with this diagnosis even harder.

This introductory workshop aims to offer information and support to help people improve their understanding of psychosis and the possible implications on their life. We will outline treatment options and explore ways to promote recovery and self-help. We will explore personal experiences of psychosis and identify the ways people have managed their experiences so that they can get on with their lives.

Learning Outcomes:

- To develop an understanding of psychosis and its diagnosis; including symptoms and causes.
- To discuss possible treatment options.
- To look at ways to take control of your own recovery.
- To outline support which may be offered.
- Have an overview of medication, treatments and other support available; such as family, friends and GPs.

Aimed at: This course will be useful for people who may be experiencing symptoms of psychosis, have a diagnosis of psychosis, schizophrenia or schizoaffective disorder, who hear voices, have visions, or have beliefs that others think are unusual. It will also be useful for carers and staff.

Course Tutors: Staff and peer volunteers from Coventry and Warwickshire Partnership NHS Trust.

Course Duration: One, 2 ½ hour session.

Course provided by:



Co-created



Co-delivered



Quality
Approved

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"I felt seen and heard and supported with my schizophrenia and psychosis."

"Perfect mix of lived experience and knowledge."

"A lovely warm honest reflective session."

”



Feedback from course attendees

Understanding Bipolar Disorder



A person with bipolar disorder can experience a variation of moods from mania (i.e. feelings of euphoria and excitability) to deep depression (i.e. feeling very low/ lethargic); with moods that can fluctuate very quickly. For some people, it is also possible to see or hear things that others do not or have altered beliefs.

This course will help to build your knowledge and understanding, which is really important in the management of bipolar disorder.

Learning outcomes:

- Build understanding of common experiences of bipolar disorder.
- What can cause or trigger a bipolar episode.
- Treatments for bipolar disorder.
- Begin to look at how to accept, live well and become your own expert in this condition.

Aimed at: Anybody who wants to build their own understanding of bipolar. This course may also be useful for someone with a diagnosis of bipolar, carers, family or staff.

Course Tutors: Staff from Coventry and Warwickshire Partnership NHS Trust.

Course Duration: One, 2½ hour session.

Course provided by:



Co-created



Co-delivered



Quality
Approved

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“The session leaders were brilliant - open, welcoming and informative - what a brilliant service!”

“Realising that others are also out there and I'm not alone, I guess the first step in accepting my diagnosis.”

“The best bit was the real life experiences shared by those who have experienced the mental illnesses being discussed - helps make the information more real, understandable, and accessible.”

”



Understanding How to Tolerate Distress



People who have low distress tolerance tend to become overwhelmed by stressful situations and may sometimes turn to unhealthy or even destructive ways of coping with these difficult emotions. Learning distress tolerance skills can make a very positive difference in your ability to handle difficult emotions.

Please note: The course requires the full 3 week attendance. Failure to attend the first session will require students to rebook.

Learning Outcomes:

- Understanding what distress is and to recognise what crisis point may look like.
- To learn skills to help in crisis situations.
- To understand when these coping skills are most useful and look at different strategies.
- To begin to look at acceptance, choice and being able to move forward.

Aimed at: Anybody who wants to build their understanding and skills to better manage and tolerate distress. This course may be useful for someone experiencing distress, their carers, family or professionals looking for more information.

Course Tutors: Staff from Coventry and Warwickshire Partnership NHS Trust.

Course Duration: Three, 2 hour sessions.

Course provided by:



Co-created



Co-delivered



Quality
Approved

Bereavement



Ever wondered “am I grieving right?” This is a common phrase that people say when they have lost someone or something that is close to them. This course looks at how we manage our own experience of Bereavement and how it can leave us feeling very alone and isolated. None of us know how we will react during this time but having an awareness of this may help to begin to make sense of the unpredictability of our emotional responses.

Learning Outcomes:

- Understanding the stages of grief.
- Understand the barriers to recovering from the effects of loss and change.
- Develop coping strategies.

Aimed at: Anyone who has experienced loss or change to circumstances in life and wants to learn positive coping strategies.

Course Tutors: Staff from Coventry and Warwickshire Partnership NHS Trust.

Course Duration: One, 4 hour session.



Co-created



Co-delivered



Quality
Approved

Understanding Self-harm



This course aims to improve your understanding of why people may self-harm. The signs and symptoms of self-harm, tips for how to support yourself and how you can provide support to a person who self-harms.

Learning outcomes:

- Understand what self-harm is and isn't.
- Understand why a person might self-harm.
- Identify possible signs that could indicate a person is self-harming.
- Understand how to support someone that self-harms.
- Self-care for self-harm.
- Understanding the myths of self-harm.
- Links to further support.

Aimed at: Anybody who wants to understand more about self-harm. This could include someone who self-harms, friends and family members or carers.

Course Tutors: Staff from Coventry and Warwickshire Partnership NHS Trust and a Peer Tutor with lived experience.

Course Duration: One, 2 hour session.

Course provided by:



Co-created



Co-delivered



Quality Approved

Coping with Low Mood and Depression



This course aims to improve the participant's understanding of the signs and symptoms of low mood and depression, its causes and the links between thoughts, emotions, physical symptoms and behaviour.

Learning Outcomes:

- Understand the link between thoughts, emotional, physical symptoms and behaviour.
- Be able to identify and challenge unhelpful negative thinking.
- To be familiar with coping strategies, which can be used to manage depression.

Aimed at: Anybody who wants to understand more about depression and self-management techniques. This could include people experiencing depression, their carers or family and friends.

Course Tutors: Coventry and Warwickshire Mind Recovery Academy Staff.

Face to Face Course Duration: Five, 2 hour sessions over consecutive weeks.

Online Course Duration: Four, 1½ hour sessions over consecutive weeks.

Course provided by:



Co-created



Co-delivered



Quality Approved

Recognising & Managing Stress and Sustaining Resilience



The workshop is split in two parts; recognising stress in ourselves and then building our resilience. Both teach practical ways to recognise and deal with stress effectively using psychological principles and knowledge.

Learning Outcomes:

- The day will help you to recognise stress and how it impacts on your body and mind.
- Learn simple ways to manage the effects of stress and evaluate the impact stress has on your life.
- Build your resilience to help you to be better equipped for those times when stress is an inevitable part of your life.

Aimed at: Anyone who would like to begin to start making positive changes in their lives around managing stress and increasing resilience.

Course Tutors: Dr Jivan Culshaw, Arden Skills Development Service from Coventry and Warwickshire Partnership NHS Trust.

Course Duration: One, 3 hour session.

Course provided by:



“I learnt new techniques on how to cope and manage my stress.”

“The information flowed into each subject. Everything was fantastic along with inspiring.”

“The practical examples were simple to put into practice.”

Feedback from course attendees



Positive Thinking



The aim of this workshop is to increase our understanding of what positive/negative thinking is, the impact of negative thinking and how positive thinking can help in our daily lives.

Learning outcomes:

- Understand negative thinking styles.
- Be able to challenge automatic negative thinking.
- Learn strategies to enable positive informed choices.

Aimed at: Anyone who wants to learn ways of thinking more positively.

Course Tutors: Coventry and Warwickshire Mind Recovery Academy Staff.

Face to Face Course Duration: One, 2 hour session.

Online Course Duration: One, 1½ hour session.

Course provided by: mind
Coventry and
Warwickshire



Sing for Wellbeing



Sing for Wellbeing is part of our Inside Stories programme. It is a series of 10 weeks of free singing workshops with an experienced choir leader for people looking to find coping strategies and improve mental wellbeing. In a small group join Claire Fowler and boost your mood and wellbeing as you sing to familiar songs together. This choir is suitable for beginners and you don't need to be a brilliant singer just the willingness to have a go! There is lots of evidence that singing together can help with low mood, anxiety and depression. There will be a chance to socialise afterwards and support each other. Funded by The Innovation Fund.

Learning outcomes:

- Gain a better understanding about how singing can benefit your wellbeing.
- Feel more confident about singing in a group and learn breathing and singing techniques to help you.
- To meet new people and have peer to peer support.

Aimed at: This course is aimed at anyone looking to find creative coping strategies that can improve mental wellbeing.

Course Tutors: Claire Fowler and an Arts Uplift volunteer.

Face to Face Course Duration: Ten, 1½ hour sessions over consecutive weeks.

Course provided by: arts uplift



Co-created

Song Writing for Wellbeing



SongWriting for Well-Being is part of our Inside Stories programme. It is a series of 10 weeks of free song-writing workshops with an experienced musician for people looking to find coping strategies and improve mental well-being. In a small group learn how to express your feelings and thoughts through the creation of a song with others and have it recorded for you to keep and share. You can be musical or not it doesn't matter as no experience is necessary. Funded by The Innovation Fund.

Learning outcomes:

- To understand and discuss the construction of songs as well as having a good understanding of the practice of song-writing.
- To contribute to the creation of a song of your choice, either through the lyrics and/or the music and have a good understanding of how a compelling song is structured.
- To understand how song-writing techniques can be used to support your own wellbeing.
- An introduction to basic computer sequencing skills, how to layer tracks and choose suitable rhythms.
- How we perform and share our songs.
- To meet new people and have peer to peer support.

Aimed at: This course is aimed at anyone looking to find creative coping strategies that can improve mental wellbeing.

Course Tutors: Martin Riley and an Arts Uplift volunteer.

Face to Face Course Duration: Ten, 1½ hour sessions over consecutive weeks.

Course provided by:



Co-created



“

“Good mix of activities, and very inclusive. Better than a traditional counselling session.”

”

Coping with Change



Everyone faces changes throughout their life, whether planned or unexpected, and this can be unsettling. This session explores what change is and why many people can struggle to adjust to change. We look at how emotions can impact on how we cope and react to change and the impact this can have on our wellbeing. We also start to develop some techniques that may help to us to manage these transitions as well as providing some strategies to cope with change and move forward.

Learning Outcomes:

- Explore what change is and why it might happen.
- Discuss our emotional reactions to change and how they impact on our wellbeing.
- Explore some strategies and techniques for managing change.

Aimed at: Anyone who has experienced change impacting their wellbeing and looking for ways to cope with the process.

Course Tutors: Staff from Coventry and Warwickshire Partnership NHS Trust.

Course Duration: One, 2½ hour session.

Course provided by:



Co-created



Co-delivered



Quality
Approved

An Introduction to Personality and Complex Trauma



This course is a basic overview of a complex subject; the diagnosis of Personality Disorder. The course briefly explores how personality develops and can be affected by complex trauma experienced throughout life.

Learning outcomes:

- Explore what factors affect how personality develops throughout our lifetime.
- Discuss how trauma can influence a person's behaviour and responses to situations.
- Explore what defines a crisis and when to seek help or support.
- Discuss some helpful coping and support strategies.

Aimed at: This course is open to any adult in Coventry and Warwickshire who is interested in learning more about the topic.

Course Tutors: Staff from Coventry and Warwickshire Partnership NHS Trust and a Peer with lived experience of Personality Disorder (where possible).

Course Duration: One, 3 hour session.

Course provided by:



Co-created



Co-delivered

Bipolar Self-management



By providing first class self-management courses, Bipolar UK brings people affected by bipolar together to learn how to manage their condition. They provide knowledge of the condition, a space for sharing experiences and approaches to self-management and give the moral support and encouragement. These courses are based on the Bipolar Education Programme Cymru, run by the Centre for Mental Health in Cardiff which has been shown to improve outcomes and reduce relapse rates.

Learning Outcomes:

- Week 1: Introduction to Bipolar - diagnosis, lifestyle, and common challenges.
- Week 2: Managing mood swings, using a reflective journal, mood app or mood scale.
- Week 3: Medication how to get a medication review.
- Week 4: Lifestyle, routines and sleep hygiene, nutrition, session to include nutritionist.
- Week 5: Managing Triggers.
- Week 6: Planning - when things breakdown, using advanced statements.
- Week 7: Family and friends' session.
- Week 8: Bringing it together – reflective end session, tool kit completion.

Aimed at: Anyone who is affected by bipolar disorder and is looking for help managing the condition.

Course Tutors: Jen Arnold is our mental health trainer and will be supported by the Bipolar UK team.

Course Duration: Eight, 1½ hr sessions over 8 consecutive weeks.

Course provided by:  bipolarUK



Co-created



Quality Approved

“

“These courses are a real lifeline.”

“I love meeting lived minded people and taking tools away to help me to cope.”

“The staff leading it were so informative and knowledgeable and guided participants through the process extremely well.”

”

General Feedback from course attendees



A Life Worth Living



This is a course that looks at the positives in recovery and how connection and meaning can help us thrive. We look at how to motivate ourselves towards finding connection and why hope is important in our journey. This course will be for anyone wanting to make steps to move forward and make changes in their lives.

Learning Outcomes:

- Introduction to CHIME.
- Understand Gratitude.
- Look at ways to promote a Life Worth Living.
- Post Traumatic Growth.

Aimed at: For anyone who wants to move forward in their life and find inspiration and motivation in recovery. This is a course that looks at actions to bring meaning, connection and give us a sense of being able to find purpose in our lives. A course to reconnect you with a sense of self and hope.

Course Tutors: Staff from Coventry and Warwickshire Partnership NHS Trust.

Course Duration: One, 2 hour session.

Course provided by:



Co-created



Co-delivered

Stress Awareness



The workshop is aimed at supporting individuals to be aware of their own stress and what might be contributing to their stress levels. With a practical focus also on how we can reduce our stress by being more aware of it.

Learning outcomes:

- Recognise stress and how it impacts on your body and mind.
- Learn simple ways to manage the effects of stress and evaluate the impact stress has on your life.

Aimed at: Anyone who would like to begin to start making positive changes in their lives around managing stress.

Course Tutors: This course was originally created by Dr Jivan Culshaw, Coventry and Warwickshire Partnership NHS Trust Psychological Skills Development Service and has been adapted for delivery by CWPT Recovery Academy staff.

Online Course Duration: One, 2 hour session.

Course provided by:



Co-created



Co-delivered



Quality Approved

Worry Management



This course is designed to develop an understanding of worry and to teach practical techniques and strategies commonly used in worry management. Some useful techniques taught during the course include; classifying worries, worry time, problem solving, challenging unhelpful thinking styles and learning to explore how we maintain our worries.

It also aims to explain the differences between anxiety and worry. There are several helpful techniques that can be used to manage our daily worries, and they can be very effective.

Learning outcomes:

- Understanding the differences between worry and anxiety.
- Understanding worry management.
- Learning how to manage worries using some helpful techniques and strategies.
- Learning to challenge unhelpful thinking styles.

Aimed at: Anyone who needs support to manage their worrying and those who feel that worrying is overtaking their life and becoming problematic.

Course Tutors: Coventry and Warwickshire Mind Recovery Academy Staff.

Face to Face Course Duration: One, 2 hour session.

Online Course Duration: One, 1½ hour session.



Co-created



Co-delivered



Quality
Approved

Introduction to Depression



This short course aims to improve understanding of low mood. We will look at the symptoms of depression and introduce some simple self-management techniques.

Learning outcomes:

- Recognise the symptoms of low mood and depression.
- To learn coping strategies to empower us and manage low mood and depression.
- To identify where we can get more information and support if we need it.

Aimed at: Anybody who wants to find out more about low mood and depression and learn some self-management techniques.

Course Tutors: Coventry and Warwickshire Mind Recovery Academy Staff.

Online Course Duration: One, 1½ hour session.



Quality
Approved

Wellbeing after Birth



Changes after the birth of a baby are extremely common. This course looks at the changes that can take place after birth and the effects this can have on us behaviourally, emotionally, psychologically and physically. We will look at anxiety, low mood and depression and think about how we could be affected with the arrival of a new baby to care for.

This introductory workshop aims to help people to gain an understanding of these changes and the potential effects on wellbeing. We aim to help you to think about what you can do for your own self-care and wellbeing, separate myths and facts and inform you about who else or what else can help to support your maternal wellbeing.

Learning Outcomes:

- Understand the changes that happen to us after birth and the impact of having a new baby.
- Learn more about anxiety, low mood and depression (after birth).
- Look at some of the myths that we are told as new parents and some wellbeing and self-care ideas.
- Who/what can help after pregnancy – information on apps and further support.

Aimed at: Anyone who would like to learn more about wellbeing after the birth of a baby.

Course Tutors: Perinatal Mental Health team staff and Recovery and Wellbeing Academy staff. This course has been co-created with those who have professional and lived experience.

Course Duration: One, 1 hour session.

Course provided by:



Co-created



Co-delivered



Quality
Approved



Wellbeing in Pregnancy



Changes during pregnancy are extremely common. This course looks at the normal changes that can take place during pregnancy and the effects this can have on us behaviourally, emotionally, psychologically and physically. We will look at anxiety, low mood and depression and think about how we could be affected during pregnancy.

This introductory workshop aims to help people to gain an understanding of these changes and the potential effects on wellbeing. We aim to help you to think about what you can do for your own self-care and wellbeing, separate myths and facts and inform you about who else or what else can help to support your maternal wellbeing.

Learning Outcomes:

- Understand the changes that happen to us when we become pregnant.
- Learn more about anxiety, low mood and depression (during pregnancy).
- Look at some of the myths and facts surrounding pregnancy and birth.
- Who/what can help during pregnancy – information on apps and further support.

Aimed at: Anyone who would like to learn more about wellbeing during pregnancy.

Course Tutors: Perinatal Mental Health team staff and Recovery and Wellbeing Academy staff. This course has been co-created with those who have professional and lived experience.

Course Duration: One, 1 hour session.

Course provided by:



Co-created



Co-delivered



Quality Approved

Burnout and Fatigue



This course aims to raise awareness and provide information on the impact of burnout and fatigue and look at practical techniques for recovery.

Learning Outcomes:

- Raise awareness and provide information about the impact of burnout and fatigue.
- Recognise early warning signs of burnout and fatigue.
- Gain practical skills and coping strategies to help manage and recover.

Aimed at: Anyone experiencing exhaustion, feelings of overwhelm or fatigue, and/or those experiencing burnout and those with caring responsibilities.

Course Tutors: Coventry and Warwickshire Mind Recovery Academy Staff.

Course Duration: Two, 1½ hour sessions over consecutive weeks.

Course provided by:



Writing for Wellbeing



During these two hour sessions, we will look at how writing can support our wellbeing. It will be an opportunity to find out some of the benefits of writing for our wellbeing and to try out different writing techniques including, 'mindful' writing, 'gratitude' writing and the 'mind dump!'

You don't need any previous experience, just a willingness to learn! All that you write, you keep.

Please note: The course requires the full 2 week attendance. Failure to attend the first session will require students to rebook.

Learning outcomes:

- Gain a better understanding of how writing can benefit your wellbeing.
- Feel more confident and comfortable putting pen to paper.
- Learn some simple writing techniques that can support your wellbeing.

Aimed at: The course is aimed at anyone looking to find alternative coping strategies that can improve mental wellbeing.

Course Tutors: Staff and Peer volunteers from Coventry and Warwickshire Partnership NHS Trust.

Course Duration: Two, 2 hour sessions over consecutive weeks.

Course provided by:



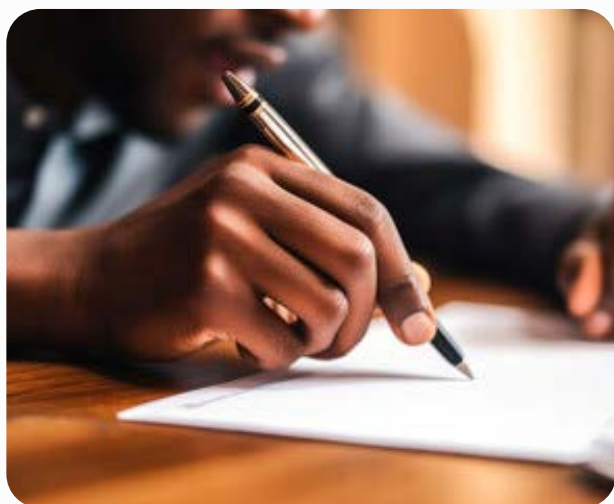
Co-created



Co-delivered



Quality
Approved



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“I really enjoyed the course, two lovely tutors that shared and highlighted the benefits of journaling for wellbeing, I loved their honesty and lived experiences.”

“It's given me ways to support myself when things get too much.”

“Very useful and realistic advice/tips, a nice balance!”

”

Feedback from course attendees

Tallis Woodland Wellbeing



The Tallis Woodland Wellbeing Course is 8 weekly sessions (10am to 3pm) held at a woodland just outside Radford Semele, Leamington Spa. You will have the opportunity to engage in a variety of woodland-based activities and crafts, learn about the natural world, be physically active, and socialise with other people. You must aim to commit to the 8 week course. You will be supported to explore other volunteering and training opportunities to continue once the course has finished. Transport from Leamington Spa may be provided upon request. The course is open to anyone who has not previously attended the 8 week course. For directions to the venue or to speak to someone about the course, please call 07814 605245 or email info@arccic.co.uk

Learning outcomes:

- Connect more deeply with the natural world, other people and yourself.
- Grow in confidence and self-esteem.
- Feel supported and work towards personal goals.

Aimed at: The course is aimed at people wanting to improve their mental health via nature, particularly those who experience mild to moderate mental health challenges, feel socially isolated, or are on a recovery pathway from an addiction.

Course Tutors: Staff and volunteers of ARC (Achieving Results in communities).

Face to Face Course Duration: Eight, 5 hour sessions.

Course provided by:



Co-created



Co-delivered

Healthy Mind Skills and Practices



This workshop is an opportunity to refresh your skills, practices, and coping strategies. A practice-based session introducing different ways to support you in everyday life, whether it is managing an ongoing condition or simply maintaining mental wellbeing. Techniques will include mindfulness practices, ways to understand and work with negative thoughts, breathing techniques, relaxation and visualisation techniques, as well as ways to work with stress and anxiety responses. Everyone is welcome.

Learning Outcomes:

- To learn skills, practices and strategies that support our wellbeing everyday.

Aimed at: Anyone wanting to improve their mental health and wellbeing.

Course Tutors: Coventry and Warwickshire Mind Recovery Academy Staff.

Online Course Duration: One, 1 hour Workshop.

Course provided by:



Rebuilding Your Confidence



This course has been specifically developed to help people who are experiencing lowered confidence and loss of self-worth. It explains the difference between self-esteem and confidence, and explores the impact of negative thinking, what we can do about it and the benefits of building our self-esteem and confidence by means of taking responsibility for our own self-care.

Learning outcomes:

- Understand the difference between confidence and self-esteem.
- Understand the impact and causes of low confidence and self-esteem.
- Develop strategies to rebuild and grow confidence and self-esteem.
- Learn how to tackle negative self-talk.
- Learn what hinders and what builds confident communication.

Aimed at: People who are experiencing low confidence and loss of self-worth. It explains the difference between self-esteem and confidence, and explores the impact of negative thinking, what we can do about it and the benefits of building our self-esteem and confidence by means of taking responsibility for our own self-care.

Course Tutors: Coventry and Warwickshire Mind Recovery Academy Staff.

Face to Face Course Duration: Five, 2 hour sessions over consecutive weeks.

Online Course Duration: Four, 1½ hour sessions over consecutive weeks.

Course provided by:  **Mind**
Coventry and
Warwickshire



Obsessions & Compulsions



This course looks at the reasons behind obsessions and compulsions and explores how to put in place some strategies that will help alleviate the symptoms.

Learning Outcomes:

- Understand the nature of obsessions and compulsions.
- Understand strategies for tackling obsessions and compulsions.
- Understand the nature of self-help and treatment options.

Aimed at: Anyone who wants to get a clearer understanding of the nature of obsessions and compulsions and be better able to assess the extent to which they are being impacted.

Course Tutors: Coventry and Warwickshire Mind Recovery Academy Staff.

Online Course Duration: Two, 1½ hour sessions.

Course provided by:  **Mind**
Coventry and
Warwickshire



Co-created



Co-delivered



Quality
Approved

Managing Emotions



This course is aimed at anyone that would like to find out more about the different emotions we can experience, why they are important and how we may act or make decisions based on them. The course will help you to raise your self-awareness and think about your own emotions and responses.

Please note: The course requires the full 2 week attendance. Failure to attend the first session will require students to rebook.

Learning outcomes:

- To explore the language around emotions and feelings.
- To consider and acknowledge our own emotions and feelings.
- To think about how we respond to our emotions and feelings, and if these responses work well for us.
- To tune in, check in and make kind choices.

Aimed at: Anyone who would like to begin to think about raising their awareness around emotions, feelings and their responses to these.

Course Tutors: Academy tutors from Coventry and Warwickshire Partnership NHS Trust.

Course Duration: Two, 2 hour sessions.

Course provided by:



Co-created



Co-delivered



Quality
Approved



“Facilitators are very friendly and use personal experiences during presentations.”

“Thought the course was very well run, fun, good content, and humorous.”

“Really helps you understand how our emotions work, friendly, safe environment.”

Feedback from course attendees

Self-Compassion



We are often good at offering others compassion and can find it difficult to extend that same compassion to ourselves. This session will explore what self-compassion means to us. With a focus on how to start to help you raise your own awareness around offering yourself compassion and kindness to aid your own wellbeing.

Learning outcomes:

- Explore what self-compassion means.
- Start to raise our self-awareness about why we often aren't good at showing ourselves compassion.
- Discuss how we can be kind and compassionate for ourselves.

Aimed at: People who are experiencing low confidence and loss of self-worth. It explains the difference between self-esteem and confidence, and explores the impact of negative thinking, what we can do about it and the benefits of building our self-esteem and confidence by means of taking responsibility for our own self-care.

Aimed at: Anyone interested in learning more about self-compassion to aid their own wellbeing.

Course Tutors: Staff from Coventry and Warwickshire Partnership NHS Trust.

Course Duration: One, 2 hour session.

Course provided by:



Co-created



Co-delivered



Quality Approved

Finding Purpose and Direction



This workshop will help you to think about your values, how to create balance in your life and set goals. It will explore how we place unhelpful limitations on ourselves by maintaining our current comfort zone and instead help you understand what is important to you and why.

Learning outcomes:

- Understand how to identify what your values are.
- Explore how to achieve more balance in your life.
- How we set goals and why.

Aimed at: Anyone who wants to gain a better understanding of how to identify values and set goals to achieve direction and purpose.

Course Tutors: Coventry and Warwickshire Mind Recovery Academy Staff.

Face to Face Course Duration: One, 2 hour session.

Online Course Duration: One, 1½ hour session

Course provided by:



Co-created



Co-delivered



Quality Approved

Relaxation



This is a 2-hour workshop for anyone who would like to learn (and practice) a range of breathing exercises and relaxation techniques to help reduce their overall stress levels and improve their mental wellbeing/fitness.

Learning outcomes:

- To gain an understanding of how breathing exercises and relaxation techniques can help reduce your stress levels and improve your mental wellbeing.
- To learn how you can develop and strengthen your mental fitness by adding a breathing exercise and/or a relaxation technique to your daily routine.

Aimed at: Anyone who would like to learn a range of breathing exercises and relaxation techniques. This workshop is not only aimed at people who are experiencing mental health symptoms, but also to anyone who would like to learn simple techniques to strengthen their mental fitness and help prevent the onset of mental ill health.

Course Tutors: Coventry and Warwickshire Mind Recovery Academy Staff.

Face to Face Course Duration: One, 1½ hour session.

Course provided by: 



Co-created



Co-delivered



Quality
Approved

“

“The staff leading it were so informative and knowledgeable and guided participants through the process extremely well.”

“Validating and empathetic course facilitators.”

”

Feedback from course attendees



Escape Arts



We run a series of different adult community groups at our venues in Stratford-Upon-Avon and Nuneaton, with artist-led art projects, community gardening, informal groups for needlecrafts (sewing, knitting, crochet etc) and other craft-based groups with mindful activities. Our friendly groups generally meet weekly for different projects and activities. For more information please contact info@escapearts.org.uk.

We also run short courses to introduce you to gardening and other outdoor mindful activities as part of our Grow, Cook CrEATe sessions. Join a small friendly group for 4 weeks to learn about organic gardening, supporting wildlife in the garden, cooking and use the produce you help grow.

Grow, Cook, Create is a great way to connect with other people, enjoy some gentle gardening and also support your own mental health. Join Escape Arts staff in the beautiful and inspiring community garden at Lifeways in Stratford and learn about gardening techniques including crop rotation, compost making and plant propagation. Share recipes for seasonal crops grown in the garden and take home a share of the crops we have grown to cook at home. You can also join in with creative activities and practical garden projects. This outdoor project will help you connect with and focus on nature and take time out for meaningful activity. The sessions are outside and in person throughout the growing season (March to end October).

Aimed at: These sessions are aimed at anyone looking to develop inspired outdoor coping strategies that can improve wellbeing; people who want to connect with others in an informal outdoor setting whilst sharing in a gentle activity; and those who want to learn about/participate in organic gardening.

Course Tutors: Escape Arts staff and volunteers.

Course Duration: Vary, dependent on course.

For more information please contact the Recovery Academy team on 0300 303 2626 or email

Recovery.Academy@covwarkpt.nhs.uk

Course provided by: 



Art for Relaxation



A free 3-week course designed for adults 18+ who are feeling stressed and are looking for creative strategies to improve mental wellbeing.

Level of difficulty: easy and suitable for all abilities.

Even if you don't think you are creative, give it a go, because the course is about learning new skills and switching off from worrying, rather than becoming the next Picasso!

"I am not very arty and I joined because i wanted to find something to distract myself from constant worrying. Attending online suits me and I really enjoyed chatting to other people and finding out how much we had in common. Very relaxing and inspiring!"

For this course (ONLINE ONLY) you will need:

- good internet connection/Wi-Fi.
- Zoom app on mobile or laptop/PC with video and microphone.
- white A4 paper.
- pencil, black pen or marker.
- colour pencils or felt tips.
- glue (ideally a glue stick).
- ear phones.
- a comfortable and safe space you can work undisturbed.

For this course (FACE TO FACE ONLY):

- we will provide all the materials you will need FREE!

Learning outcomes:

- Three different creative techniques that will help you recognise your own signs of stress.
- Understand how you can use art to reduce stress, anxiety and depression.
- You can easily practice and further develop on your own.
- And will increase your confidence in your arts practice for wellbeing.

Aimed at: Total beginners as well as experienced artists, and anyone looking for alternative coping strategies to improve mental well-being.

Course Tutors: Arty-Folks artists and members.

Course Duration: Three, 2 hour sessions.

Course provided by: 



Co-delivered



Quality Approved

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"I enjoyed the opportunity to meet a group of people with a common interest, and I learnt to just let go and be creative without judgement. Truly liberating!"

”

Feedback from course attendees

Relationships & Connections

Advocacy and your Rights



Our course aims to empower you. We focus on the rights of people within mental health care settings and explore how advocacy may be able to help.

Learning outcomes:

- Learn about the Mental Health Act.
- Learn about people's rights and entitlements under the Mental Health Act.
- Learn how people within mental health settings can be involved in planning their care.
- Learn about what options are available, where people in mental health settings are unhappy about something.
- Learn about advocacy rights and how VoiceAbility can help.

Aimed at: Anyone who would like to know more about people's rights under the Mental Health Act and anyone who would like to learn more about the role of advocacy.

Course Tutors: Advocates from VoiceAbility and tutors from the Recovery and Wellbeing Academy.

Course Duration: One, 2 hour session.

Course provided by: **VoiceAbility**



Living with a Long-term Condition



This workshop helps you to think about the impact of living with a long term condition and how you can move towards acceptance and continue to live a life with purpose and meaning.

Learning outcomes:

- The impact of a diagnosis.
- How it can be useful to understand the diagnosis.
- Learning about and understanding your condition and symptoms.
- How your physical and mental health can impact each other.
- Medication and top tips.

Aimed at: Anyone living with or caring for someone with any kind of long-term condition.

Course Tutors: Staff and peer volunteers from Coventry and Warwickshire Partnership NHS Trust.

Course Duration: One, 2½ hour session.

Course provided by:



Co-created



Co-delivered



Creating Characters



Taking part in drama can be a great way to meet new people, gain confidence and support your health and wellbeing. Join Underground Lights for 4 weeks as we explore drama and focus on creating different characters together. This group is suitable for beginners and you don't need to have done drama before so just come along and give things a go!

- "We've learnt new skills about using the stage and voice projection, plus how to play different characters. We all share our thoughts and ideas as a group to make them work and it has been fun at the same time" - Underground Lights member.

For more information email: info@undergroundlights.org.

Learning outcomes:

- Feel more confident about exploring ideas creatively and practically in a group.
- Understand how drama can support health and wellbeing.

Aimed at: Anyone who is interested in learning creative ways to explore ideas and support wellbeing.

Course Tutors: Underground Lights staff team and member volunteers.

Course Duration: Four, 1½ hour sessions over consecutive weeks.

Course provided by:



Co-delivered

Routines – How they are formed and why they are important



This course explains the importance that routines have in our daily lives. It explores how and why routines help us to stay healthy, how routines help us to connect with the world around us and how they impact on our wellbeing. The course explores the challenges and impact that change has on routines and motivation, and looks at tips for creating new routines.

Learning outcomes:

- To define and explore what routines are.
- To consider why routines are important and how they support us in our daily lives.
- To think about the impact of change on routines.
- To offer some tips on how to build routines that work for you.

Aimed at: Any adult who has struggled with their routines following change, uncertainty, illness or life events.

Course Tutors: Staff from Coventry and Warwickshire Partnership NHS Trust.

Course Duration: One, 2 hour session.

Course provided by:



Co-created



Co-delivered



Quality Approved

Cultural Competence and Inclusion



The aim of this training session is to enable participants to interact effectively with people of different cultures, backgrounds and abilities. Developing cultural competence and inclusivity will help us feel more confident to understand, communicate and interact with people across cultures.

Learning outcomes: - Participants will:

- Be able to describe what cultural competence is.
- Understand the link between cultural self-awareness and cultural competence.
- Have an understanding of individual responsibilities under the Equality Act 2010 in relation to protected characteristics.
- Know how to communicate effectively cross-culturally and have a greater understanding of others.
- Feel more confident to deal with 'differences' in a positive way.
- Understand how a person-centred approach facilitates dealing with people in a culturally competent and inclusive way.

Aimed at: Anyone wanting to explore how becoming culturally competent and valuing inclusion through mutual respect and trust, can lead to positive engagement and improved wellbeing for all.

Course Tutors: Ruth Chauhan FRSPH MSc (Healthcare Ethics and Law) - Dementia/Health and Wellbeing Specialist AmbaCare Solutions.

Online Course Duration: One, 3 hour session.

Course provided by:



Co-created



Quality Approved

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“It was very informative and interactive, it gave me a very different perspective of culture, diversity and ways to integrate this into my practice.”

“It made me think about things from a different, wider perspective.”

”

Feedback from course attendees



Isolation and Loneliness – Building Connections



In the modern world there has never been more opportunities to connect. Yet people report feeling more isolated and lonelier than in previous generations. The connections that are made are not always beneficial or supportive and can increase feelings of loneliness. In this course we explore what contributes to the feelings of loneliness, how it affects health and wellbeing and look at how our connections can become more supportive and meaningful.

Learning outcomes:

- Distinguish between isolation and loneliness.
- To explore the signs, symptoms and impact of loneliness.
- To discover what connection is and why it is important.
- To consider tips on improving our connections, to support our wellbeing.

Aimed at: Anyone who wants to explore their feeling of loneliness and to consider creating new connections in their life, to enhance wellbeing.

Course Tutors: Staff from Coventry and Warwickshire Partnership NHS Trust.

Course Duration: One, 2½ hour session.

Course provided by:



Co-created



Co-delivered



Quality Approved

Coping with Caring



This course aims to raise awareness and understanding of how the caring role can impact on many aspects of your life. The course looks at ways you can look after yourself as well as continuing to support and promote the independence of the person you care for.

Learning outcomes:

- To increase awareness of the roles and responsibilities of being a Carer in the UK and to look at how these roles affect us.
- To consider and develop some techniques for coping and helping ourselves as well as those we care for.
- To look at your rights as a Carer and places to seek additional support.

Aimed at: Anyone who is currently caring for a friend or family member and is experiencing increased stress.

Course Tutors: Staff from Coventry and Warwickshire Partnership NHS Trust and Heart of England Carers Trust.

Course Duration: One, 2 hour session.

Course provided by:



Co-created



Co-delivered



Quality Approved

Come Connect to Arty-Folks



A free online workshop for adults 18+ in Coventry and Warwickshire who want to find out more about Arty-Folks programme of courses and workshops and meet our tutors.

Level of difficulty: all levels.

Try it! This is a very easy workshop for people of all abilities who are looking to start their creative journey with like-minded people. This workshop gives you a good flavour of how we are creative online or in-person and it will help you enrol on the course suited to your needs.

Learning outcomes:

- A taster of a typical art workshop we run in a small group of like-minded people.
- A better understanding of how art can aid your mental wellbeing.
- An overview of how you can progress creatively and personally through Arty-Folks.

Art materials needed:

- A4 white paper, scissors, pen or pencil and it would be great if you have colouring pencils or felt tips but it's not essential.

Aimed at: Adults 18+ in Coventry and Warwickshire who are looking to connect with like-minded people through art and wellbeing activities. Accessible for total beginners as well as experienced artists.

Course Tutors: Arty-Folks artists and members.

Online Course Duration: One, 1 hour session.

Course provided by:



Co-delivered



Quality
Approved

“I had no idea what to expect and it really surprised me how easy it was to chat and have a laugh with people I'd never met in person.”

Feedback from course attendee



Let's Talk About Dementia



'Let's Talk About Dementia' is a 4-week course delivered online or face to face with each weekly session lasting 2 hours. It's suitable for people living with dementia, their informal carers and professionals working with people living with dementia.

- Week 1 – 'The 5 most important things you need to know about dementia'.
- Week 2 – Caring for the person living with dementia/Carers wellbeing.
- Week 3 – Understanding behaviours that challenge.
- Week 4 – Planning for the future.

Learning outcomes:

- Understand that dementia is not an inevitable part of getting older.
- Understand what the different types of dementia are.
- Understand the risk factors related to dementia.
- Understand the importance of taking care of everyone involved in the diagnosis including the person living with dementia and their family and friends.
- Know how to care for someone with dementia, maintain their physical and cognitive health and help them with everyday tasks and issues.
- Be aware of the practical steps that need to be taken to ensure that people living with dementia are aware of the support and benefits they are entitled to.
- Be aware of the steps that should be taken to make sure that the person living with dementia has access to person centred care.

Aimed at: Anyone who wants to learn a little more about dementia and how it can impact on everyday life.

Course Tutors: Ruth Chauhan FRSPH MSc (Healthcare Ethics Law) - Dementia/Health Wellbeing Specialist AmbaCare Solutions.

Course Duration: Four, 2 hour sessions, over consecutive weeks.

Course provided by:



Co-created



Co-delivered



Quality Approved



Frequently Asked Questions

How much do courses cost? All courses at the Recovery and Wellbeing Academy are currently FREE to attend for all our students.

How long are the courses and when are they? Courses vary in length. For example, some may be a single day or half day session, while others may be weekly for two hours per session. The courses would not usually be more than once or twice a week. Courses are usually run in a morning, afternoon or evening.

How many courses can I apply for at once? You can book up to three courses at one time. Once you have completed these, you can book on to another three. All courses will be subject to availability.

What do I do if I want further information about a course? Please feel free to contact us on 0300 303 2626 or email us at: recovery.academy@covwarkpt.nhs.uk. We are always happy to talk to you regarding any information you may need.

How is the content of the course designed? Most of our courses are co-designed and co-delivered by both an expert by education and an expert by experience or someone with caring experience, relevant to the subject matter. For example, the "understanding bipolar" workshop was created by an Occupational Therapist, Psychologist, Psychiatrist, a carer of someone with bipolar and two people living with Bipolar. This blend of people, we feel, gives the best-rounded course.

What if I need support with my mental wellbeing whilst attending the Recovery and Wellbeing Academy? The Recovery and Wellbeing Academy is set up as a provider of psycho-educational courses. We do not provide clinical interventions or therapy, as we expect you to be able to access support outside of the Academy. If you are feeling unwell or distressed while attending a course, it is important to speak with the tutor, who will ensure you have the right contact details of relevant support services.

I have specific requirements such as large print, or an interpreter, is this possible? We endeavour to do everything we can to meet your needs. If you let us know in advance of attending your course, we will do all we reasonably can to support your requirements.

I care for someone who is unwell, can I enrol? Of course! Our courses are designed for anyone who cares for someone, for people who require support from health services, people who work in them, and those who are simply interested in recovery-based learning.

For the online courses, do I need to put my camera on? All courses are better when people have their camera on and interact with the session. However, we know how uncomfortable this can be for some people. So, while we encourage you to get involved, we do not enforce it.



Recovery & Wellbeing ACADEMY

<https://recoveryandwellbeing.co.uk>

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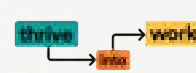
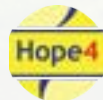
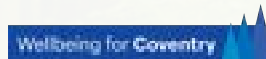
[@RecoveryWellbeingAcademy](#)

Recovery.Academy@covwarkpt.nhs.uk

0300 303 2626

#TogetherWeAreStronger

We aim to bring together all the great organisations working within the region to support people's mental health and wellbeing. We are really pleased to work together with the following providers:



Anyone who feels they can add to what we're building is welcome to get in touch.