The Recovery College

Beginning

Growing

Understanding

Building

Recovery College
life beyond illness

Working together for better mental health
Dear Students

We would like to offer you a warm welcome to the Recovery College. We believe in people living with mental health challenges having the same opportunities in life as everyone else.

At the Recovery College, you will find a place to learn, develop and grow alongside any mental health challenges you may be experiencing.

Due to government guidelines around COVID-19, we are running online courses in place of our classroom-based courses.

The Recovery College now offers relaxed, respectful, and inclusive online spaces where you can:

- Gain a better understanding of the challenges you face.
- Learn self-management skills.
- Discover things that can improve your wellbeing.
- Connect with other people.
- Learn from other people’s experiences.

We look forward to seeing you

The Recovery College Team

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What is Recovery?

- Recovery is learning to live a meaningful life beyond illness either with, or without, ongoing symptoms.
- Recovery is a journey of personal development and discovery that focuses on your wellbeing.

What is the Recovery College?

- The Recovery College has been developed jointly by NSFT staff and people with lived experience of mental health challenges.
- The courses are also run by NSFT staff and people with experience of mental health challenges.
- Our online courses help people to build an understanding of themselves, learn, grow and plan for the future.

Who can attend?

- Current service users of secondary mental health services (such as community, inpatient and crisis) who are aged 16 or over.
- NFST members of staff.
- Members of the general public who are aged 16 or over.

Why should I attend the Recovery College?

The Recovery College will help you to:

- **Begin** – to understand yourself
- **Build** – a toolkit of self-help skills
- **Understand** – aspects of the challenges you may be facing
- **Grow** – and plan for your future
Useful information

- Recovery College courses are free.
- Attendance at Recovery College is not put on clinical records
- There are lots of opportunities to participate during courses. You can do as much or as little as you want.
- It is not like school; it is a relaxed and informal environment with no tests.
- Check out our [website](#) if you would like to download or watch tutorials of how to log onto our courses and examples from our courses.

How do I sign up?

- **Registration is required for all our online courses.**
- To find out when the courses are taking place, the Recovery College timetable can be found on our [website](#).
- Students register online by **completing an application form** on [Mind Recovery Net](#).
- Once you have completed the registration form, a member of our team will contact you.
- If you are having difficulties registering, please email RecoveryOnline@nsft.nhs.uk and a member of the team will get back to you.
- After registration you will receive confirmation via email or letter.

What courses are available?

We offer two different types of online courses: **Webinars and Zoom courses**:

<table>
<thead>
<tr>
<th>Feature</th>
<th>Webinar</th>
<th>Zoom</th>
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</thead>
<tbody>
<tr>
<td>You can see and hear the facilitators.</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>The facilitators can see and hear you.</td>
<td>✗</td>
<td>✔️</td>
</tr>
<tr>
<td>The other students can see and hear you.</td>
<td>✗</td>
<td>✔️</td>
</tr>
<tr>
<td>You can contribute to the sessions by typing in comments and text.</td>
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<tr>
<td>The comments are seen automatically by the facilitators only.</td>
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</tr>
<tr>
<td>The comments are seen by everyone.</td>
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<td>✔️</td>
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<tr>
<td>The facilitators can share comments anonymously.</td>
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<td>✗</td>
</tr>
<tr>
<td>You only take part in activities or share your comments where you feel comfortable.</td>
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<td>✔️</td>
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<td>There can be discussions, polls and smaller group exercises.</td>
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• You can choose to attend our webinars and Zoom courses in any combination and order.
• Some students prefer to attend our webinars before Zoom courses, whereas other students like to attend both types of courses at the beginning of their Recovery College journey.
• Everyone is different in choosing their courses, and there is no right or wrong way.
• If you would like more information on the differences between the courses, please email us: RecoveryOnline@nsft.nhs.uk.

The courses are in four categories:

‘Beginning’ courses
You are ready to begin your Recovery College journey with these introductory courses that support your introduction to Recovery and form a good foundation for the other courses.

‘Building’ course
You are now ready to build on your learning, and these courses introduce new ideas and techniques that you can use in your Recovery.

‘Understanding’ courses
These courses offer more detailed understanding on specific areas of interest. You can complete these alongside our ‘Building’ courses.

‘Growing’ courses
These courses are designed to help you grow and prepare for the future.

Recovery College course descriptions
The following pages will provide more information about each of our webinars and Zoom courses.

Beginning Webinars

• CHIME

This introductory webinar introduces the key drivers of Recovery known as CHIME.
The course covers:
  • What CHIME is and the research evidence supporting this.
  • How you can use CHIME in your everyday life to support Recovery.
Beginning Zoom Courses

- **What is Recovery?**

  This Zoom course explores what Recovery means to you and looks in depth at the different key drivers of Recovery known as CHIME.

  The course covers:
  - What Recovery means.
  - What CHIME is and the research evidence supporting this.
  - An in-depth look at what CHIME is and how this relates to your Recovery journey.

Building Webinars

- **Five Ways to Wellbeing**

  This webinar considers how to use the Five Ways to Wellbeing in everyday life to support your general personal wellbeing and Recovery.

- **Everyone Has Emotions**

  This is a gentle introduction to what we mean by emotions, naming them and identifying how they relate to our behaviours.

  The course covers:
  - What emotions are and how they relate to our behaviours.
  - How to recognise emotions in ourselves and others, and different ways to deal with them in our daily lives.

Building Zoom courses

- **An introduction to looking after your physical health**

  This course focusses on physical health.

  The course covers:
  - The importance of looking after your physical health.
  - Monitoring your physical health.
  - The importance of being active.
  - Practical guidance around making small changes.
• **Goal Setting for Recovery**  
This course focusses on how to set achievable goals to improve motivation and make positive change.

The course covers:
- How to set recovery-focussed goals.
- Using and setting targets.
- How to make contingency plans for when ‘life happens’.

• **Spirituality: A Beginner’s Guide**  
This explores what is understood by spirituality and helping students create their own definition of what it means to them.

The course covers:
- Introducing spirituality and how it relates to recovery in mental health.
- Exploring and understanding a personal definition of spirituality.

• **Wellness Planning**  
This course will enable you to complete a Wellness Plan to support your general wellbeing and Recovery.

The course covers:
- Looking at everyday behaviours and activities that help to keep you well.
- How you can make the most of your strengths and resources.
- Thinking about your personal triggers and warning signs and making plans to help yourself.
- Understanding when you might need outside support.

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**Understanding Webinars**

• **ACT on Life**  
ACT stands for ‘Acceptance and Commitment Therapy/Training’ and this course aims to explore the ideas behind this approach. Some students may like to attend this before attending the Zoom course.

• **Sleep and Recovery**  
This webinar looks at ideas for getting more and better sleep. Most of us recognise the importance of sleeping, but it can be frustratingly hard to sleep well.
The course covers:
- Looking at why sleep matters
- Understanding some causes of sleeplessness and what can prevent us from getting good sleep.
- Different approaches to improving sleep.

- **Understanding and Managing Anxiety**
This webinar introduces causes of anxiety and considers different coping and support mechanisms.
The course covers:
- What is anxiety.
- Causes and triggers.
- How anxiety affects us.
- What other people can do (family, friends or carers)
- Looking at ways to manage anxiety.

**Understanding Zoom courses**

- **ACT on Life**
ACT stands for ‘Acceptance and Commitment Therapy/Training’ and this course aims to explore the ideas behind this approach in a teaching, not therapy, format.
The course covers:
- Gives a toolkit for dealing with painful thoughts and feelings.
- Explores your personal values and how to live in line with them.
- The course invites you to practice some techniques on your own thoughts and feelings, but everything is voluntary and there is no pressure to do anything you don’t want to.

- **Carers and the Recovery Journey**
This three-week course could be useful to informal carers/supporters, service users and professionals/employed carers.
The course covers:
- The Triangle of Care.
- Confidentiality in Recovery.
- Support of carers.

- **Eating for Wellness**
This course explores how what we eat can affect our mood, mental health and overall wellbeing.
The course covers:
- Understanding what a healthy diet is by discussing the nutritional content found in food.
- Creating a food plan.
- Understanding how diet affects our mood and mental health.
• **How to Tell Your Story**

This course aims to help and guide people who have experienced mental health challenges to understand their story.

The course covers:
- How your story can be told.
- How to develop your story.
- How to tell your story in a safe way and maintain your privacy.

• **Sleep and Recovery**

This webinar looks at ideas for getting more and better sleep. Most of us recognise the importance of sleeping, but it can be frustratingly hard to sleep well.

The course covers:
- Looking at why sleep matters
- Understanding some causes of sleeplessness and what can prevent us from getting good sleep.
- Different approaches to improving sleep.

• **Understanding Psychosis**

*(previously titled What is Psychosis?)*

This course looks at people’s different experiences of psychosis and at how they can be inspired to live fulfilled lives.

The course covers:
- Different views about the causes and experiences of psychosis.
- Sharing recovery stories that inspire and empower.
- Helping other people (including family or carers) understand psychosis so they can be part of your journey.
• **Understanding and Managing Anxiety**  
  (previously titled *What is Anxiety?*)

  This course looks more in-depth the causes of anxiety than the webinar of the same name and different management and support mechanisms.

  The course covers:
  - What is anxiety.
  - Causes and triggers.
  - How anxiety affects us.
  - What other people can do (family, friends or carers)
  - Looking at ways to manage anxiety.

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**Growing Webinars**

• **Moving On**

  This course for service users, carers and staff reinforces and builds on the ideas from other Recovery college courses to help students think about change and moving on to a meaningful life beyond services.

  The course covers:
  - Revisiting what Recovery means.
  - Exploring feelings around change and moving beyond mental health services
  - Looking at our values
  - Understanding the process of being discharged from services
  - Community resources and how to access them
  - Acknowledging the Recovery journey and how far each student has come.

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**Growing Zoom courses**

• **Safety Planning**

  This course focusses on staying safe.

  The course covers:
  - Understand harmful and positive risk
  - Responsibly in dealing with risk.
  - ‘Safety behaviour’ making environments safer to help your recovery.
This piece of work was created by Peer Tutors in Bury St Edmunds to celebrate the Recovery College with a collage of meaningful words that describe it:
Norfolk and Suffolk NHS Foundation Trust values and celebrates the diversity of all the communities we serve. We are fully committed to ensuring that all people have equality of opportunity to access our service, irrespective of their age, gender, ethnicity, race, disability, religion or belief, sexual orientation, marital or civil partnership or social and economic status.

**Patient Advice and Liaison Service (PALS)**

NSFT PALS provides confidential advice, information and support, helping you to answer any questions you have about our services or about any health matters.

If you would like this leaflet in large print, audio, Braille, alternative format or a different language, please contact PALS and we will do our best to help.

Email: PALS@nsft.nhs.uk
or call PALS Freephone 0800 279 7257

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Working together for better mental health...
Positively... Respectfully... Together...