



Lancashire Care
NHS Foundation Trust

Lancashire Recovery College Prospectus 2019

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Welcome and Introduction

Lancashire Care NHS Foundation Trust has embarked on a programme to develop a recovery approach across all of its Services. The principal aim of recovery is to move beyond just treating symptoms, and potentially creating dependency, to empowering individuals to take greater ownership and control of their own health and wellbeing. The aspiration of developing a Recovery College for Lancashire is that personal resilience increases and combined with improvements in individual health and wellbeing.

Our journey began in February 2018 with support and guidance from IMROC (Implementing Recovery through Organisational Change) this initial course prospectus represents our first steps in delivering our recovery aspirations which will evolve in to a full Recovery College by the end of 2019.

In this prospectus you will find courses that have been developed together with a number of our partner organisations and wide variety of other stakeholders across Lancashire. These initial 10 courses have been carefully chosen with Recovery in mind; however our future prospectuses will include a far wider more diverse range of Recovery courses.

Our Recovery College supports an educational approach to mental wellbeing, supporting individuals to recognise their own resourcefulness, talents and abilities in order to support their knowledge and provide useful tools enabling them to become experts in their own self-care. Mental Health professionals, tutors with lived experience, peer-support workers, volunteers and students themselves have worked together to design and deliver the model providing resources to empower mental health service users and those who support them. Because of this, our courses are innovative, original and relevant to anyone.

We aspire to support people to become experts in their own Recovery journey by exploring control, choice and opportunity within our courses. By learning together we can make progress in challenging the stigma surrounding mental health.



Over the coming months we are ready to learn and grow as a service, and we can't do it alone, you can get involved in multiple ways, and give back to your community.

You can:

- Complete the 'What does Recovery mean to me' sheet when you first arrive
- Give us feedback on what is working, and just as importantly, what isn't
- Take part in our consultation sessions and tell us what you want to see in the college as the concept develops
- Join our advisory group, here you will get a sneak peek at all of the new developments before they are finalised, to offer insight and comments on our proposals, and have a voice in the design and implementation process
- Get in touch with us through social media, and retweet our posts with your friends
- Email us at Recovery.College@Lancashirecare.nhs.uk
- Or speak to one of the Recovery team



Sue Moore
Director of Strategic Developments



What we do

‘What we offer is therapeutic, without being therapy.’

The Recovery College’s primary aim is to connect people to their own skills, engage their compassion and connection for others, and empower people to take greater control of their health and wellbeing.

Anyone over the age of 18 can attend our courses, whether they are someone who uses our services or not, are carers, family members, friends, or those who work in other organisations.

Wellbeing is everyone’s business, and so we aim to improve the health literacy of as many people in Lancashire as we can. The courses have been developed to support the wellbeing of everyone, because when we work in this way we are much more proactive and preventative. We don’t wait for people to become unwell, but we offer the right help in the right place at the right time, every time.

“Mental illness is like a hole, traditional services pick people up when they fall in, what we need to do is to put signs up, and build a fence around the hole” – it is far better to help people avoid deterioration in their health, than to help when everything else has failed.

We also know that formal education isn’t for everyone, and so all of our courses have been developed through an interactive facilitation model, and so no course should feel like being back in school. You will be challenged to look inwards, and to reflect on how you perceive the world and we hope that barriers will be broken down.

Recovery at its heart is about real change, in how we live our lives.



The Recovery College

- The Recovery College has free courses on recovery and staying well. We believe we can make our lives better through learning and working together.
- We try to make our courses friendly, informative and fun. Anyone who is 18 or older and lives or works Lancashire can join the college.
- You don't need a referral.
- We welcome service users, professionals, carers, family and friends.
- The Recovery College isn't like school! We like to share ideas and have discussions using the strengths and wisdom of the people in the room. Our courses are a safe and friendly space for people to learn and share, if they wish, without feeling judged.
- Our courses are not therapy but it feels good to think and talk about things, learn new tools and connect to other people. We can help you to find other places and activities you might enjoy that relate to the courses you are doing.



The Learning Environment

Our tutors

Our tutors bring their own knowledge and experience of the topics they are teaching in the class, and work to facilitate an interactive learning environment. All tutors will be trained in delivering high quality courses which are interesting, engaging and relevant to you. They will be informed by clinical, educational and lived experience perspectives of mental health and wellbeing.

Our students

We believe the knowledge and skills our students bring to a course are just as valuable as those of our tutors. As much as you will learn from our tutors, you will also learn a lot from the people sat next to you. There are no badges, whether you are here as a user of one of our services, or one of our colleagues, we are all learning together, and we bring our whole selves to the room, not our job title. All of our courses will be capped at 15, not too many, not too few.

Our Courses

Our courses are co-production in action. Students and tutors work together in every class to discuss the course topic and their experiences in ways that promote self-care, recovery and wellbeing. All our courses are held in venues within Lancashire, and you will be given directions to the venue when you enrol.

Our courses have been developed to be interactive and we will ask you to participate in discussions, but of course you do not have to share if you do not feel comfortable doing so. All our courses include group and individual exercises, and some include role-play.



Partnerships

The Recovery College is a collaborative effort, this prospectus contains our first course list, over half of which are delivered by partner organisations. As the College grows we hope to have a greater list of partner organisations. By collaborating we can make a real difference to the wellbeing of Lancashire.



Lancashire
Adult Learning

Spotlight on our partners

“Preston North End Community and Education Trust (PNECET) is delighted and excited to be working in partnership with Lancashire Care NHS Foundation Trust to support the new Recovery College initiative to help improve the health and wellbeing of the Preston Community. PNECET is the official community department of Preston North End. Our primary aim is to take the football club into the community and deliver objectives around sports participation, education, health and social inclusion. This year alone the Trust has worked with over 7000 participants aged from 2-75, through initiatives such as; walking football, PNE Forces, PL Kicks, H.E.L.P, Primary Stars and National Citizens Service.

This year the Trust are looking to expand their activities and services to help improve the health and well-being of more residents across Preston, including Fit and Fed initiatives, weight management programmes, mental health initiatives and many more. We are thoroughly looking forward to linking all our programmes in with the Recovery College”

Tom Drake, Assistant Head of Community, Preston North End Community and Education Trust

“Lancashire Adult Learning is delighted to be working in partnership with Lancashire Care Foundation Trust to support the Recovery College initiative and improve the health and well-being of the residents of Lancashire. Lancashire Adult Learning works with over 14,000 learners annually throughout Lancashire to improve their skills in a range of areas including; digital, numeracy, literacy, family learning and health and well-being. Last year 3,000 learners attended courses to improve their health and well-being. With 97% of learners on health and wellbeing courses reporting a reduction on their dependency on health services.”

Nicola Hall, Head of Adult Community Learning , Lancashire Adult Learning

The Courses



Introduction to Mindfulness

Mindfulness can bring many benefits into your life and support you to make improvements to your mental and physical wellbeing. Regular practice and awareness can enable you to learn practical ways to still the mind and take momentary relief from constantly thinking and processing information. This introductory course aims to allow you to explore and experience the subject of mindfulness in a safe and comfortable environment.

You will learn in a variety of ways:

- Active listening and discussion
- Paired and group tasks
- Participation in practical exercises
- Personal reflection and action planning



What you will learn

- Explore what is meant by the term 'mindfulness'
- Recognise how mindfulness can benefit your physical and mental health and reflect on how open you are to the concept of mindfulness
- Participate in a practical exercise linked to 'taking notice'
- Experience two mindful meditations and reflect on the benefits of each
- List ways that mindfulness can be embedded into your daily life and create a 'mindfulness commitment' to enable you to practice at home
- Identify and list appropriate progression opportunities

Course Code 53852150231

31 January 2019

9.30am - 12pm

**Plungington
Community Centre,
Preston,
PR1 7NB**

14 February 2019

9.30am - 12pm

**Plungington
Community Centre,
Preston,
PR1 7NB**

5 March 2019

9.30am - 12pm

**The Place
(Progress Housing)
Leyland,
PR25 1BX**

Changes to dates, times and locations are unlikely however this may be subject to change.
Please note we will inform you of any changes that are made to the course.

Relax and De-stress

This session will provide you with an opportunity to experience how relaxation exercises and de-stressing techniques can benefit your health and wellbeing, and will help you to recognise how relaxation has the potential to improve your life.

You will learn in a variety of ways:

- Active listening and discussion
- Paired and group tasks
- Participation in practical exercises
- Personal reflection and action planning
- Recommended websites/apps will be given to aid learning.



What you will learn

- List a range of benefits to your physical and mental health
- Identify how relaxing and de-stressing can improve your overall wellbeing
- List a range of benefits to your physical and mental health
- Carry out a range of relaxation and de-stressing exercises and reflect on the benefits of each
- Create a relax and de-stress action plan to enable you to embed exercises in your everyday life
- Identify appropriate progression onto further learning opportunities

Course Code 53852225456

8 February 2019

10am - 12.30pm

**INTACT Community
Centre,
Preston,
PR2 3YP**

1 March 2019

10am - 12.30pm

**INTACT Community
Centre,
Preston,
PR2 3YP**

15 March 2019

10am - 12.30pm

**INTACT Community
Centre,
Preston,
PR2 3YP**

Changes to dates, times and locations are unlikely however this may be subject to change.
Please note we will inform you of any changes that are made to the course.

Connect 5 (Session 1)

While one in four people in the UK experience a mental health problem each year, Connect 5 aims to take the strain off under pressure specialist mental health services by taking a preventative approach which enables people to better manage their own mental health, increase their resilience and ultimately improve wellbeing. Where a diagnosable mental health condition is identified, frontline staff will also know when and how to refer on to more specialist support.

You will learn in a variety of ways:

- Active listening and discussion
- Paired and group tasks
- Participation in practical exercises
- Personal reflection and action planning
- Recommended websites/apps will be given to aid learning.
- Role playing



After taking part in the course you will be able to:

- Develop your skills and confidence to discuss mental health and wellbeing issues within your daily practice.
- Explain mental health and wellbeing by using specific public health models and self-help principles.
- Recognise the qualities and attitudes needed to promote mental health and wellbeing.
- Identify local mental health and wellbeing resources and services that support your community.

Course Code 53855241477

28 January 2019

1pm - 4,30pm

**Chorley Library,
Union Street,
PR7 1EB**

11 February 2019

1pm - 4,30pm

**Chorley Library,
Union Street,
PR7 1EB**

25 February 2019

1pm - 4,30pm

**Chorley Library,
Union Street,
PR7 1EB**

Changes to dates, times and locations are unlikely however this may be subject to change.
Please note we will inform you of any changes that are made to the course.

Wild Wellbeing Day

An increase in digital technology and communication is making it harder to find time to focus, and adding to the increasing number of people in the UK struggling with their wellbeing. Lancashire Wildlife Trust have created Wild Wellbeing days run by their Ecotherapy Team - Myplace, to help people reconnect with nature, step away from their daily life, learn new skills, and work together as part of small groups of likeminded people. Please note that you will be outside and need to be dressed in practical footwear and clothes that you don't mind getting dirty, and with wet weather clothing if necessary.



You will learn in a variety of ways:

- Practice new skills and build resilience
- Small group work
- An opportunity to step away from your day to day and spend time in nature.
- Participation in practical conservation activities
- Top tips to take away

After taking part in the course you will be able to:

- Understand the benefits of being outside for your wellbeing.
- Identify small methods to implement the 5 ways to wellbeing in your day to day life.
- Have a greater knowledge of the diverse ways that exist to connect with nature in your local area.
- Have a greater knowledge of practical skills, and ways to help conserve your local environment.

Course Code 538556685806

30 January 2019

10am - 1.00pm

**Brockholes Nature
Reserve,
Preston New Road,
PR5 0AG**

13 February 2019

10am - 1.00pm

**Grange Community
Gardens,
Preston,
PR2 6QW**

27 February 2019

10am - 1.00pm

**Brockholes Nature
Reserve,
Preston New Road,
PR5 0AG**

Changes to dates, times and locations are unlikely however this may be subject to change.
Please note we will inform you of any changes that are made to the course.

Stress Awareness

This course aims to improve learners' understanding of stress, whilst raising awareness of the causes of stress and the effects it can have on your health and wellbeing. Learners will review the signs and symptoms of stress on the mind and body and identify ways of preventing or reducing the effects of stress in life.

You will learn in a variety of ways:

- Active listening and discussion
- Paired and group tasks
- Participation in practical exercises
- Personal reflection and action planning



What you will learn

- Recognise what is meant by the term stress
- Discuss the effects of stress and the impact it can have on your physical and mental health
- Review and list some of the causes of stress
- Recognise how to spot the signs and symptoms of stress in others.
- Identify ways to prevent and reduce the effects of stress on the mind and body
- Identify appropriate progression onto further learning opportunities.

Course Code 53852307702

1 February 2019

10am - 12.30pm

**INTACT Community
Centre,
Preston,
PR2 3YP**

15 February 2019

10am - 12.30pm

**INTACT Community
Centre,
Preston,
PR2 3YP**

8 March 2019

10am - 12.30pm

**INTACT Community
Centre,
Preston,
PR2 3YP**

Changes to dates, times and locations are unlikely however this may be subject to change.
Please note we will inform you of any changes that are made to the course.

Discover the 5 Ways to Wellbeing

This session will provide learners with the opportunity to review The 5 Ways to Wellbeing and take part in a series of wellbeing activities linked to each. Learners will gain an awareness of the key themes: Connect, Be Active, Take Notice, Keep Learning and Give and recognise how incorporating the 5 Ways into their life could improve their health and wellbeing.

You will learn in a variety of ways:

- Active listening and discussion
- Paired and group tasks
- Participation in practical exercises
- Personal reflection and action planning



What you will learn

- List the 5 ways to wellbeing and describe the benefits of each
- Participate in activities linked to the 5 ways to wellbeing
- Select one area of wellbeing to further develop and create one personal goal
- Identify appropriate progression opportunities

Course Code 53852345816

7 February 2019

9.30am - 11.30am

**Plungington
Community Centre,
Preston,
PR1 7NB**

28 February 2019

9.30am - 11.30am

**Plungington
Community Centre,
Preston,
PR1 7NB**

14 March 2019

9.30am - 11.30am

**The Place
(Progress Housing)
Leyland,
PR25 1BX**

Changes to dates, times and locations are unlikely however this may be subject to change.
Please note we will inform you of any changes that are made to the course.

Changing your relationship with Gambling

This course is for anybody who has recognised that gambling may be an issue for them - that gambling is getting in the way of the life they would like to lead. It is also for those people who recognise that problematic gambling is affecting the people around them.

You will learn in a variety of ways:

- Active listening and discussion
- Paired and group tasks
- Participation in practical exercises
- Personal reflection and action planning



What you will learn

- What gambling is, and identifying problematic gambling
- Better understand what causes a preoccupation with gambling
- Kindle the spark to change a relationship with gambling
- How to approach situations which usually lead to gambling in a different, more positive way.
- Understand motivation and the need to change gambling behaviour

Course Code 53856065943

30 January 2019

1.30pm - 4.00pm

**Plungington
Community Centre,
Preston,
PR1 7NB**

13 February 2019

1.30pm - 4.00pm

**Plungington
Community Centre,
Preston,
PR1 7NB**

27 February 2019

1.30pm - 4.00pm

**Plungington
Community Centre,
Preston,
PR1 7NB**

Changes to dates, times and locations are unlikely however this may be subject to change.
Please note we will inform you of any changes that are made to the course.

Understanding Dementia

This course is designed to provide a general overview of dementia and enable individuals to gain an understanding of the different types. Through supported discussion you will examine some of the difficulties facing people with dementia alongside some of the issues facing their carers.

You will learn in a variety of ways:

- Active listening and discussion
- Paired and group tasks
- Participation in practical exercises
- Personal reflection and action planning



What you will learn

- Explain the different types of dementia
- Examine the difficulties facing people with dementia, including difficulties with communication
- Explore some of the challenges facing those caring for a loved one with dementia
- Review a range of coping strategies and resources for carers, including the value of Memory Boxes
- Evaluate the types of help available to those caring for someone with dementia
- Identify appropriate progression onto further learning opportunities

Course Code 53852423047

6 February 2019

9.30am - 12.00pm

**Plungington
Community Centre,
Preston,
PR1 7NB**

27 February 2019

9.30am - 12.00pm

**Plungington
Community Centre,
Preston,
PR1 7NB**

13 March 2019

9.30am - 12.00pm

**The Place
(Progress Housing)
Leyland,
PR25 1BX**

Changes to dates, times and locations are unlikely however this may be subject to change.
Please note we will inform you of any changes that are made to the course.

3 Steps to Wellness

3 Steps to Wellness is an interactive workshop offering a safe and constructive space to help build connection with our body, emotions and mind. On the course participants define their own self-care strategies, understanding how our habits and patterns affect our overall wellbeing.

You will learn in a variety of ways:

- Shared learning
- Information is shared both by the facilitator and other participants
- Fun activities
- Personal reflection



What you will learn

- The awareness of the interlinking nature of our personal wellness in relation to our individual situations
- How to focus on improving your whole wellbeing that includes: Mental, Physical and Emotional aspects of ourselves
- Techniques applicable to an individual's circumstance that reduces stress and improves self confidence
- How to enable and empower the person to improve their own wellbeing
- The variety of simple tools to take forward to improve wellbeing long term

Course Code 53856260525

29 January 2019

1.30pm - 4.00pm

**Chorley Library,
Union Street,
PR7 1EB**

12 February 2019

1.30pm - 4.00pm

**Chorley Library,
Union Street,
PR7 1EB**

26 February 2019

1.30pm - 4.00pm

**Chorley Library,
Union Street,
PR7 1EB**

Changes to dates, times and locations are unlikely however this may be subject to change.
Please note we will inform you of any changes that are made to the course.

Zentangle – Doodling for Wellbeing

Zentangle is described as a form of artistic meditation and you don't need to be the next Van Gogh to do it. It allows you to each create your own pattern using your own style and feelings.

A teacher will help guide you throughout this process. Zentangle is known to relieve stress, increase focus and creativity, provides artistic satisfaction along with an increased sense of personal wellbeing. It is an adaptable tool which can be practised anywhere and at any time, all you need is a pen and paper.

You will learn in a variety of ways:

- Active listening and discussion
- Paired and group tasks
- Participation in practical exercises
- Personal reflection and action planning
- Recommended websites/apps will be given to aid learning.



What you will learn

- List a minimum of 5 benefits of zentangle
- Carry out at least 2 zentangle exercises and write a reflective account of how they made you feel
- Create a 'health and relaxation action plan' to enable you to practice techniques at home
- Identify and list appropriate progression opportunities

Course Code 53852989742

29 January 2019

9.30am - 12.00pm

**Plungington
Community Centre,
Preston,
PR1 7NB**

12 February 2019

9.30am - 12.00pm

**Plungington
Community Centre,
Preston,
PR1 7NB**

12 March 2019

9.30am - 12.00pm

**The Place
(Progress Housing)
Leyland,
PR25 1BX**

Changes to dates, times and locations are unlikely however this may be subject to change.
Please note we will inform you of any changes that are made to the course.

How to enrol

Enrolling is easy, to book onto a course you can:

- Online: Type the course code into www.EventBrite.co.uk
- By telephone: For Lancashire Adult Learning run courses you can contact them directly on 0333 0031717

What you need to enrol

- Details of the course you are interested in
- Your name and contact details

That's it!

Book early to avoid disappointment!

Course Calendar

Date	Time	Course	Venue	Course Code
Monday 28th January	1-4:30pm	Connect 5	Chorley Library, Union Street, PR7 1EB	53855241477
Tuesday 29th January	9:30-12pm	Zentangle – Doodling for Wellbeing	Plungington Community Centre, Preston PR1 7NB	53852452134
Tuesday 29th January	1:30-4pm	3 Steps to Wellness	Chorley Library, Union Street, PR7 1EB	53856260525
Wednesday 30th January	1:30-4pm	Changing your relationship with gambling	Plungington Community Centre, Preston PR1 7NB	53856065943
Wednesday 30th January	10-1pm	Wild Wellbeing Day	Brockholes Nature Reserve, Preston New Road PR5 0AG	538556685806
Thursday 31st January	9:30-12pm	Introduction to Mindfulness	Plungington Community Centre, Preston PR1 7NB	53852150231
Friday 1st February	10-12:30pm	Stress Awareness	Intact Community Centre, Preston PR2 3YP	53852307702
Wednesday 6th February	9:30-12pm	Understanding Dementia	Plungington Community Centre, Preston PR1 7NB	53852423047
Thursday 7th February	9:30-11:30pm	Discover 5 ways to wellbeing	Plungington Community Centre, Preston PR1 7NB	53852345816
Friday 8th February	10-12:30pm	Relax and De-stress	Intact Community Centre, Preston PR2 3YP	53852225456
Monday 11th February	1-4:30pm	Connect 5 Session 1	Chorley Library, Union Street, PR7 1EB	53855241477
Tuesday 12th February	9:30-12pm	Zentangle – Doodling for wellbeing	Plungington Community Centre, Preston PR1 7NB	53852989742

Date	Time	Course	Venue	Course Code
Tuesday 12th February	1:30-4pm	3 Steps to Wellness	Chorley Library, Union Street, PR7 1EB	53856260525
Wednesday 13th February	1:30-4pm	Changing your relationship with gambling	Plungington Community Centre, Preston PR1 7NB	53856065943
Wednesday 13th February	10-1pm	Wild Wellbeing Day	The Grange Community Gardens, Ribbleson PR2 6QW	53855870358
Thursday 14th February	9:30-12pm	Introduction to Mindfulness	Plungington Community Centre, Preston PR1 7NB	53852513317
Friday 15th February	10-12:30pm	Stress Awareness	Intact Community Centre, Preston PR2 3YP	53852752031
Monday 25th February	1-4:30pm	Connect 5 Session 1	Chorley Library, Union Street, PR7 1EB	53855241477
Tuesday 26th February	1:30-4pm	3 Steps to Wellness	Chorley Library, Union Street, PR7 1EB	53856260525
Wednesday 27th February	9:30-12pm	Understanding Dementia	Plungington Community Centre, Preston PR1 7NB	53852940595
Wednesday 27th February	10-1pm	Wild Wellbeing Day	Brockholes Nature Reserve, Preston New Road PR5 0AG	53855685806
Wednesday 27th February	1:30-4pm	Changing your relationship with gambling	Plungington Community Centre, Preston PR1 7NB	53856065943
Thursday 28th February	9:30-12pm	Discover 5 ways to wellbeing	Plungington Community Centre, Preston PR1 7NB	53852904487
Friday 1st March	10-12:30pm	Relax and De-stress	Intact Community Centre, Preston PR2 3YP	53852587539
Tuesday 5th March	9:30-12pm	Introduction to Mindfulness	Living Waters Church, 33-45 Bolton Street PR7 3AB	53862299588

Date	Time	Course	Venue	Course Code
Friday 8th March	10-12:30pm	Stress Awareness	Intact Community Centre, Preston PR2 3YP	53853141195
Tuesday 12th March	9:30-12pm	Zentangle – Doodling for Wellbeing	Living Waters Church, 33-45 Bolton Street PR7 3AB	53864672686
Wednesday 13th March	9:30-12pm	Understanding Dementia	Living Waters Church, 33-45 Bolton Street PR7 3AB	53862868289
Thursday 14th March	9:30-11:30pm	Discover the 5 ways to Wellbeing	Living Waters Church, 33-45 Bolton Street PR7 3AB	53862561371
Friday 15th March	10-12:30pm	Relax and De-stress	Intact Community Centre, Preston PR2 3YP	53853061958