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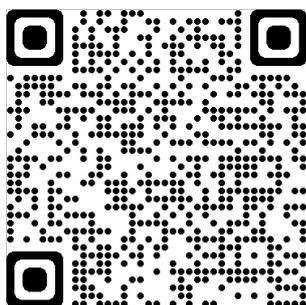


Belfast Recovery College

HOPE, CONTROL AND OPPORTUNITY

COURSE PROSPECTUS

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Belfast Recovery College

HOPE, CONTROL AND OPPORTUNITY

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WELCOME

Belfast Recovery College warmly welcomes everyone from 16 years old to attend our free wellbeing and mental health education and learning programmes. We provide a choice of learning opportunities that includes a range of courses, an e-learning suite, support from peer educators to help and guide you in selecting courses. Peer learning support is available in classes, and to meet and greet our students coming into the College. There is a comfortable student space with refreshments and a library of resources and information in the reception area. You are not on your own and there is always a peer educator to support you every step of the way to make your experience as inclusive and positive as possible.

Everyone in the Recovery College is known as a student. A diversity of students use the Recovery College from the community. This can include service users, carers, family members, friends, students, professionals and mental health practitioners, community and voluntary sector, or any other organisation.

There are three semesters over the year where courses are advertised both face to face and on line. When you enrol you will automatically be registered as a student and that means you will receive regular updates advertising upcoming courses.



OUR ETHOS

Our ethos is strength based with a strong positive approach that encourages self-compassion. Education, mentoring and a coaching approach promotes a journey of self-discovery that encourages everyone to work towards their recovery and maintain their wellness by learning more about themselves and wellness tools that can help.

So we promote four key principles:

Hope - Students tell us that the continuing presence of hope is central to making it possible to pursue one's aspirations and explore possibilities. We all learn together as students no matter who we are to help us increase our understanding of each others journey in promoting recovery.

Control - Students tell us how important it is to maintain a sense of control over one's life, one's symptoms and their wellness. What is unique about the Recovery College is that students can see how others have found a way forward and that it is possible to have more control over their life. They can learn to become their own wellbeing coach.

Opportunity - At the Recovery College students have a range of opportunities. Everyone comes to the Recovery College for a different reason. It may be time to reflect and discover who they are, learn skills and tools to promote recovery, find out who they can be, and realise the unique contribution they have to offer.

Co-production and **co-facilitation** is at the heart of everything we do in the Recovery College aiming to promote diversity, equality and inclusion. What makes the Recovery College unique is the value we place on combined lived experience and professional knowledge. Therefore, all our courses are co-produced and co-facilitated on an equal basis by peer educators who have lived experience of mental health issues, alongside mental health practitioners such as mental health nurses, consultants and social workers.

MEET THE RECOVERY COLLEGE EDUCATION SUPPORT TEAM

We operate a Hub and Spoke approach in the community in providing our education and learning programme. We offer a diversity of courses in our main Hub and provide outreach into the community across Belfast. In the Recovery College Hub we have a small team of core staff and volunteers who welcome and support students to enrol and attend classes, assist in the co-facilitation of courses, provide mentoring and outreach events.

Our staff include:

- Senior Peer Educators and Peer Educators
- Sessional Bank Peer Educators
- Our Admin Team
- Recovery College Peer Support Volunteers who are trained and selected to meet and greet our students and provide learning support.



WHAT TO EXPECT FROM OUR COURSES

- The opportunity to learn together about an area of wellbeing and mental health
- The opportunity to hear and learn from the different perspectives shared by service users, carers, families, friends and mental health practitioners
- Increased awareness of your own strengths and aspirations
- The chance to meet and interact with new people
- The opportunity to increase your knowledge, share journeys, learn new skills and work on being more hopeful about your own recovery.



RECOVERY COLLEGE COURSES SUMMARY

Our prospectus is set out under four learning themes. Research has shown that education, learning new skills, developing your knowledge, connecting with other people, giving and getting involved in your community can improve your mental health and wellbeing.

LEARNING ABOUT MENTAL HEALTH SERIES

This theme is aimed at providing education for everyone about living with mental health conditions and exploring tools that may help in daily life. Examples range from learning about mental health conditions such as Living with Anxiety or Bi-Polar Disorder and different types of psychological therapies to exploring journeys in recovery and inspiring hope.

DEVELOPING OURSELVES AND OUR WELLBEING

This theme is aimed at exploring and developing ourselves to work towards and maintain wellness alongside developing self-confidence and raising self-esteem. The courses allow time for you to explore aspirations, find purpose and meaning, get back on track and realise your own potential. Examples include courses on Money Management, Building Self-Esteem and Compassion Fatigue to developing a Wellbeing Recovery Action Plan.

THE KNOW HOW SERIES

This theme is aimed at developing your knowledge about a range of topics to assist students who are carers or supporters and service users in particular. Navigating your way around entitlements and services such as health and social care and the public sector can be daunting. A diversity of courses are on offer for carers such as carer's rights, assessments and supports to benefits such as Personal Independence Payments and Universal Credit.

GIVING AND GETTING INVOLVED IN YOUR COMMUNITY

Connecting with people around you contributes to our physical health, social and mental well-being and can enrich our life. However, it can be daunting to come into a new group or environment to make friends. So there are lots of opportunities through our courses such as Volunteering and Wellness to walking, film and book clubs to help you make that first big step to connecting to others in a friendly and welcoming environment.

Living with Anxiety

This course will help you develop an understanding of what anxiety is, why we experience it, and how it may affect us. We also explore practical strategies to help anxiety, including basic cognitive behavioural and relaxation techniques. If you or someone you know struggles with anxiety or panic, including as a result of the Covid-19 pandemic, this course may be useful for you.

Living with Depression

This course explores the topic of depression, a common mental health condition that can affect people of all ages. It looks at the signs and common symptoms of depression as well as the different types that people can experience. We aim to dispel some of the myths around depression and stigma associated with it. Depression can often make you feel helpless. The course helps to make you aware of tools to help you take action and feel more in control which will have a positive effect and make a difference. So, the course looks at developing your understanding of living with depression and the many things that you can do to help you identify signs and manage your symptoms. The aim is to increase your knowledge of the wide range of treatments, services and lifestyle opportunities that are available and how to find further help and support.

Living with Psychosis

This course will explore what psychosis is. It will discuss the symptoms and causes of psychosis as well as the range of treatment options available for this mental health condition. Psychosis will be discussed from both a lived experience and an educational perspective. The aim of the session is to gain or revise knowledge and understanding of psychosis, so that students will reflect and engage positively in an individual's recovery journey.

Living with Personality Disorder

If you have heard the term Personality Disorder from a Doctor, Psychiatrist or Community Psychiatric Nurse (CPN) you might be left wondering what it actually means. This workshop is aimed at helping us understand what is meant by “personality disorder”. We will look at some of the myths and misconceptions we might have as well as increasing an awareness of the struggles of living with a personality disorder.

We also want to give people a chance to learn about some of the treatment options for people who have a diagnosis and how to help someone you know with a personality disorder.

Living with Bipolar

Bipolar Affective Disorder is not just about experiencing the ups and downs of everyday life. It's about experiencing extreme highs and lows that seems to take on a life of their own, independent of events around you. This course will discuss the experience of living with Bi-Polar for students; its causes, triggers, treatment options and ways of preventing relapse. The aim is to help students to explore with the impact of this disorder on one's daily life and discuss strategies that may assist us to manage better.

Understanding Medication

Are you or someone you know or help affected by medications for treating mental health issues? Would you like to know more about common side effects and what may help? If you have answered yes, or would simply like to increase your knowledge of this area you are invited to come along to our course on understanding medications.

Understanding Substance Misuse - an Introductory Course

This introductory course aims to raise awareness and build their knowledge around the area of Substance Misuse / Addictions. The course is open to anyone including service users, carers, health professionals and the community and voluntary sector, families or friends. You do not have to have any knowledge of drugs or alcohol to attend.

Understanding Perinatal Mental Health

This class will be useful for anyone who has experienced postnatal depression and planning a pregnancy with a mental health condition. It will help students identify potential symptoms and causes and learn about the support available and coping strategies to help. Discussion will take place around reflecting on the emotional content of the topic, affirmation and our achievement as parents, what good enough parenting is and the dangers of social media. The course is also for those who work with, support and care for someone who has how perinatal issues and the impact on dads, partners and families. The course will explore the myths, facts and fiction regarding perinatal mental health and give more information on treatment and support in Trust services, how a Health Visitor and peer support groups can help and available resources in the community and voluntary sector. The session will examine pre and post-natal depression and the possible risk factors for a perinatal mental health condition, the false expectations of new mums and connecting with a baby.

Living with Loss

It is likely to say that all of us will experience loss of some kind during our lifetime; this could be in the form of job, home, health, etc. The living with loss course focuses specifically on bereavement. By the end of the course, students will be able to identify a range of grief reactions, both psychological and physical. Students will also learn what might help those who have experienced loss. The course involves group discussion and self-reflection. Please note that this course is not recommended for those who have experienced bereavement in the past 6 months, as this is a highly emotive topic.

Living with Schizophrenia

Despite an estimated 1 in 100 people experiencing the disorder called schizophrenia it is still misunderstood and surrounded by stigma. Through this course we will explore the definitions, the different impacts it may have and challenge the stigma around it. This course will explore the experience of Living with Schizophrenia, treatments and how to prevent relapse. It will be discussed from lived and learned perspectives.

Living with Self Harm

This course aims to raise awareness and increase a better understanding of self harm. This course aims to raise awareness and increase a better understanding of self harm. We will specifically consider myths and misconceptions around self harm, explore the idea of self harm as a communication of thoughts and feelings and what can be helpful to those who self harm. The course will also look at the motivation for changing self-harming behaviours including developing alternative coping strategies.

Embedding Hope and Recovery in Our Day to Day Lives

We all have hopes and dreams and sometimes life can get in the way of making these dreams a reality. When you have been diagnosed with a mental health condition the impact can be overwhelming for you and a loved one. Too often people think they will not fulfil their hopes, ambitions or aspirations. This course gives the opportunity to explore the concept of recovery in our day to day lives as it unique to them. It will provide space for you to reflect on what might help you grow beyond what has happened and take a step on your recovery journey to rebuild a satisfying, valued and purposeful life. The course can also help us think about embedding hope in our lives and learn about opportunities available to us that can assist in making that that step to living well with or without the symptoms of mental ill health.

Introduction to Psychological Therapies

Different styles of therapy can suit different individuals, situations and times, so further information may help to make the best choice. Staff who attend may want a better understanding of psychological therapies for themselves, or to help when considering a referral to psychological therapies for someone they are working with.

Discover the Recovery College

Have you heard of the Recovery College? Why not come along to our Discover the Recovery College taster session, to find out about all the free wellbeing and mental health education courses which are open to everyone. You will learn all about who we are and what we do. Mental health can impact on us all so maintaining wellness to live well is key for us all. In this session you will have the opportunity to hear real life stories of how others have used the Recovery College to help them in their recovery journey. Peer Educators will be there on hand to help explain the range of short courses, how they may be helpful to you and choose what is right for you. Don't worry about filling in enrolment forms as we can help with all of this. The session like all our courses are informal. So please come along and bring along a friend.

Getting the Most From Your Appointments

This course will enable service users, carers and mental health practitioners to effectively prepare for and manage appointments, both face to face and virtual. We explore what we can do before, during and after the stages of the appointment process and to gain the knowledge of what may contribute or hinder effective appointments. The course will also explore such areas as anxiety, confidence and assertiveness and how these can impact the success of appointments.

Building Self Esteem

Many of us struggle with self-esteem issues and self-confidence daily. This can hold us back and keep us stuck in a very isolated place. We tend to take our self-worth from others and their opinion of us instead of believing in our own value and worth as a unique individual. Please join us where we can all learn and develop skills and knowledge. You will be involved in conversations where you will feel comfortable in the course to understand how important it is to value yourself and not let judgement of others hold us back.

Money Management

Managing your money can be challenging, and is often a source of worry for many people. This short course will explore strategies that we can all employ on a daily basis to help us manage our money more effectively. The course will look at the benefits of budget planning, and show participants how to compile a budget. The course will be interactive, and will aim to empower and enable participants adopt strategies and new habits that will hopefully improve their ability to manage money.

Return to Work with Care

Are you considering returning to the world of work or volunteering? Have you taken an absence from work because of mental illness or considering a new job? Or, are you in the role of a manager and looking for more information to help staff return to work with a compassionate approach. The course includes things to consider before looking for employment, benefits of work, choosing your career, gaining qualifications, volunteering, your rights and what supports are needed to maintain wellness in work.

Understanding Gratitude

Gratitude can be a powerful thought or feeling. In this course you will get to develop a greater understanding of gratitude and learn practical tips you can use on a daily basis to bring about an attitude of gratitude in your life. In this practical course we will share how gratitude can have a positive effect on your mental health, happiness and wellbeing.

Stress Management

Stress affects us all and in very different ways. The right amount of stress can be a motivating factor for change or to keep us stimulated. But too much stress can be debilitating and adversely affect our mental and physical health and wellbeing. This course will explore what stress is, its causes and how it can affect us. Students will examine ways of overcoming stress should it become too much and identify different coping strategies for managing stress.

An Introduction to Self Care

In today's fast-paced world it can be easy to forget about the little things we need to do each day to maintain our wellbeing. This workshop looks at the culture of Self Care; its values and benefits and suggests ways in which it can be incorporated in your daily life. Students will gain a deeper understanding of why self care is so important in our lives.

Compassion Fatigue

Compassion fatigue is an emotional and physical state created by the impact of helping others in distress, which, left unrecognised, can lead to a reduced capacity for empathy towards suffering in the future. This is especially common in front line workers and carers. However, we are all vulnerable. This short course will raise your awareness of the cause, symptoms and stages in Compassion Fatigue, and highlight self-management strategies that can be employed to maintain wellness.

Music and Wellbeing

Studies on mood and music reports suggest that music and wellbeing programmes can be designed to achieve goals such as managing stress, enhancing memory, and alleviating pain. Music helps us engage with our emotions, it helps with our memories, reunites, and can create neural connections in our brains. Music has the power to draw our attention away from adversities which in turn gives us hope.

Movement and Mood

We are all told to exercise daily, but why? This course aims to explore the positive effects of physical activity on your mental wellbeing. The course will provide information on incorporating movement into our daily routine and provide signposting on how to get yourself involved in physical activity both in your own home and in the community. This course is informative, interactive and we look forward to seeing you there.

Job Skills for Everyone

This practical, fun and interactive course will help prepare students for job searching. You may feel overwhelmed at the thought of the application process and nervous at the prospect of an interview. We will cover techniques and tips in writing job applications, interview skills and communication.

Top Tips for Looking After Yourself

The Top Tips for Looking after yourself programme is co-delivered in partnership with the Belfast Trust Health Improvement Team. It is an interactive workshop to enable and empower students to understand their mental health, manage stress and build resilience. In this practical course you will become more aware of your own stress levels.

You will explore skills and self-help strategies to promote and protect your own emotional wellbeing. You will gain an increased awareness and knowledge of support organisations available to individuals within the community.

Wellness Recovery Action Plan (WRAP) - 2 Day Course

WRAP is a self-management tool, designed to support people to understand and manage their mental health. WRAP can be used for everyone for many physical and mental health conditions. WRAP is also aimed at staff who want to use the tool on a one to one basis to help service users, carers and clients. This course will assist you to identify what wellness tools work best for you and help you establish your own personalised Wellness Recovery Action Plan. Through a series of tools and action plans students can make their life more the way they want it to be. This is ideal for anyone who wants to make positive changes in the way they feel and live.

Building Resilience

Resilience is how we adapt in the face of adversity, trauma, tragedy, threats or sources of stress. By working out what we find stressful and by building on our inner strength we are more likely to be able to adapt to these sources of stress. Someone who is resilient has the knowledge, skills and attitude that help maintain their wellbeing.

This course explores the benefits and barriers to becoming more resilient and how we can support ourselves.

Communication and Assertiveness Skills

Do you ever feel as though your opinions aren't heard, or that people readily dismiss or undermine your views? Maybe you have a habit of handling situations aggressively, lack the confidence to speak up or find it hard to express your needs and wishes.

This course aims to help you develop skills to communicate better with others respectfully and with compassion. We will explore appropriate assertiveness techniques to enable students to engage in better conversations and achieve better outcomes for yourself and others.

Expressive Writing

Expressive writing is about self-expression. It helps a person to think about their experiences and put their thoughts and feelings into words. These workshops will offer you an opportunity to reflect and write in a safe, friendly and confidential atmosphere that fosters personal awareness and wellbeing.

It doesn't matter whether or not you're used to writing, the exercises and conversation will help you to write about your life and experiences; from a few lines to a story, from a list to a poem, from all the things you've missed over the past couple of years, to all the things you've gained. You don't need any experience of writing to do this course.

An Introduction to Creative Writing - 3 Week Taster Course

Have you ever been interested in writing and don't know where to start or indeed wondered what this was all about? This 3 week taster course is for anyone with the desire to express their creativity through writing. No prior experience is needed for this course so is suitable for beginners. The course raises awareness about the benefits of creative writing to aid personal recovery and inspire hope by also using writing as a wellness tool. In this course you will learn about the basics of what creative writing is and feel more comfortable as you will be gently guided to warm up your creative muscles to start your creative writing journey. The class is designed to bring out our creativity, unlock our imagination and build confidence in your writing ability. We hope you will leave the Recovery College with a desire to continue writing creatively beyond the classroom for enjoyment and as a tool to maintain your wellness.

The course provides opportunities to help people connect with each other by sharing and appreciating each other's work. Everyone can learn from everyone else. You will not be asked to read out loud in the course but share your thoughts and ideas in the comfort of a supportive group environment. Come and have a go at creative writing to lift your mood!

Compassionate Journaling

This is a 3 week course where you will learn various styles of journaling to help you engage with your wellbeing. Focusing on how a journal can be as unique as you are with some simple tips along the way, such as habit tracking, medication and mood trackers. This course provides creativity and structure to your journaling styles.

Compassionate Helping Skills

This practical workshop helps to develop the skills and qualities needed to become a compassionate and skilled helper to facilitate wellbeing and recovery. The course is suitable for any person in a support role such as mental health practitioners, service users, carers, loved ones, family, friends and clients.

It will give knowledge and practice of active listening and communication skills. You will learn and practice a three step model to develop better helping skills and know the different types of questioning and following skills to enable the person to think things through.

IT for the Terrified - A Beginners Course

Do you feel left behind by computers and the internet? Are you afraid of using computers and smart phones?

As the world of the internet expands, not having access to computers and an understanding of the internet can limit our life opportunities. This 3 week course is geared towards complete beginners looking to take their first steps into the world of Information Technology. This course will explain in easy to understand language the basics of IT. We will explore Microsoft Word, E-mail, and Microsoft Teams as well as computer security and keeping yourself safe online. Join us for this gentle introduction to computers.

Be Your Own Wellbeing Coach

Many of us lead very busy lives. Often, finding the right balance is a challenge and it is all too easy for our own health and wellbeing to take a back seat. It can be hard to know where to begin if you want to make a change for the better. This course is designed for those who want help to think about their own wellbeing and to take the practical steps to improve it. Learn new skills and techniques, create a realistic plan for the future and put it into practice.

Getting a Good Night's Sleep

Getting a good night's sleep is an important part of mental health recovery. This course will explore the benefits of getting a good night's sleep, what can prevent us from getting a good night's sleep and practical tips to help you get a good night's sleep.

The Art of Creativity and Wellbeing

The aim of this course is to welcome and encourage curiosity through exploring how art and creative energy can improve your mental and physical health and wellbeing. The course provides a learning opportunity to dip your toe in the water and try art and creativity as a wellbeing tool and see if it is for you. Mental health is not always about being happy all the time. It is about developing resilience, recovering from the peaks and valleys that are inevitable in life and gaining personal growth in learning and experiencing different ways to keep well. You do not have to be a professional artist or have any prior experience in art or crafts. You are invited to enrol in a class with a relaxed and informal atmosphere, have a bit of fun and the opportunity to make new connections with other students learning together.

Food and Mood

The relationship between our diet and our mental health is complex. However, research shows a link between what we eat and how we feel.

Certain foods and nutrients help your brain to make chemicals that can impact your mood, attention and focus, while other foods can zap your energy. Eating well can help you feel better.

During this course we explore the relationship between what you eat and how you feel, including tips on how to introduce healthy eating into your life.

Managing our Emotions

Emotions are a key part of being human, however, sometimes they can begin to feel overwhelming and this can be difficult to manage. Experiencing rapidly fluctuating and intense emotions can have a significant impact on a person's wellbeing, relationships, and quality of life.

This course aims to increase understanding and awareness of why we have emotions, how they can affect us, and the skills to manage these when it feels difficult to cope.

Carers Rights and Supports

Come join the Belfast Trust Carer Support Service and find out more about what your key rights are as a carer. At the session you will learn the key benefits of having a carer's assessment and what it will cover. You will also be given information about what support services you can access including our monthly activity programme.

Carers Assessments and Supports

Come join the Belfast Trust Carer Support Service and find out more about Carers Assessments. This is your key right as a carer. Find out what you can expect, what areas an assessment covers and how you can benefit from the process. This will help you get the most out of an assessment. The session will also cover what potential outcomes may result from having a carers assessment.

Self-Directed Support and Direct Payments

Self-directed support (SDS) is the new way the Trusts will be providing Social Services. This workshop will give you information about the range of options available to you such as direct payments, a managed budget, the Trust choosing and arranging a service on your behalf or a mixture of all three. Come along and learn from those who already use SDS including Direct payments.

Disclosing Your Mental Health Condition

Deciding whether to tell your employer about your mental health can be a difficult choice and a dilemma for some people. This useful practical course is a guide to advocating for yourself in the workplace. It makes you aware of your rights and responsibilities, as well as weighing up the pros and cons to help you decide the right course of action for you.

Personal Independence Payments (PIPS)

This course is co-produced in partnership with the East Belfast Independent Advice Centre (EBIAC). PIPS is a payment for those who live with disabilities. There have been many changes to benefits in recent years. This interactive up-to-date workshop will explain the criteria of entitlement to this benefit, the process for claiming and the appeals process if you are turned down. It will also outline the support that is available from advice services.

Employment Support Allowance (ESA) & Universal Credit

Are you or someone you care for in receipt of ESA? Have you claimed this benefit and been turned down? Are you considering a claim for this benefit? Are you aware of what Universal Credit involves? Do you know how it will affect Employment Support Allowance?

If you have answered yes to any of these questions and you would like to know more about these benefits then this course is for you. This course will explain the criteria of entitlement to these benefits, the process for claiming and the appeals process if you are turned down. It will also outline the support that is available from advice services.

Group Skills - Starting and Maintaining a Group

“Do you want to set up a group? Are you wondering where to start? This session will help you to decide on your groups purpose and help you understand how groups work and will be delivered from a lived and learned perspective. The session will also look at some of the skills needed to get a group started and keep it going.

Understanding Advocacy - 1 Day Course

This course aims to help students understand the basic principles and the process of advocacy and how it can be beneficial to service users, carers/ supporters and mental health practitioners. The workshop will explore the effect of disempowering experiences on an individual’s life and discuss the positive impact the advocacy process has had for those who availed of advocacy services. In this course you will also learn communication and assertiveness skills that will assist you in self-advocacy. You will explore the importance of an advocacy partnership and examine how it differs from other relationships. Please note that this workshop does not train or qualify individuals as Independent Advocates. It aims to build knowledge and confidence to participate in the advocacy process either as a mental health practitioner, service user, carer or supporter. The course may also be of interest to those who wish to learn more about the field of advocacy.

Volunteering, Wellbeing and Me

Have you ever wondered about volunteering? This course helps you develop the confidence and knowledge of how and where to start. You will learn all about the different types of volunteering there are, explore the benefits of volunteering for you personally, and for the wider world around you. You will see how volunteering can boost and support your overall wellbeing and provide you with the chance to give back and connect more to your local community. You'll be amazed to discover the huge variety of roles that there are available, and you'll discover how to find roles that suit your abilities and interests, and roles that can help you learn new skills too!

This practical, fun, and interactive course has been designed with input from Belfast Recovery College, Volunteer Now, and the Volunteering Department in the Belfast HSC Trust. It will guide you through the process of finding and securing rewarding volunteering opportunities for yourself. Come along and learn how to put your time, effort and unique talents into a role that supports everyone!

Meeting People and Making Friends

Getting the confidence to meet new people can be difficult for anyone. This informal course aims to build your skills and learn tips to help meet new people and make new friends. You will learn some approaches for developing your conversation skills and managing your worries about going into a group for the first time. We will explore opportunities that can help you find people and places in your community to meet that might interest you. Come along and enjoy the craic in a friendly and supportive place.

What's the Craic on Your Doorstep

Are you always hearing that making connections is good for your wellbeing, or are you interested in being more active? Maybe you are interested in learning a new skill or being more active, or maybe you are interested in improving your social life. Whatever the reason there are so many organisations, clubs and groups out there looking for new members.

Belfast Recovery College are bringing together representatives from community groups, local interest groups, and local activities for an information session. Why not come along and chat with people from your own community and find out exactly what is on your doorstep?

Recovery College Book Club

We warmly welcome you to join the Recovery College Book Club who will meet every month. The aim of the group is to celebrate the pleasure of a good book, share thoughts and ideas, and meet. There is no fee to join and the coffee is free. The group can give ideas to select the Book of the Month and will include all types of books from thrillers, comedy, self-development, classics and well-being. Group members will have the choice to get the book of the month from the local library either as an eBook or hard copy or audiobook or purchase it themselves. So come along - the craic is mighty!

Recovery College Movie Club

It's movie time at the Belfast Recovery College! Take a movie journey with Belfast Recovery College (films rated PG and above). We've got a wide range of movies being shown for all tastes. So enjoy a great time with fellow cinema lovers. There will be a movie showing every month. The group can bring ideas for the movie of the month. Feel free to bring your popcorn.

STEPS TO ENROLLING FOR OUR COURSES

STEP 1

Request an enrolment form by:
Telephone: 028 9504 3059 or
Email: RecoveryCollege@belfasttrust.hscni.net
or QR Code below

STEP 2

Once you have completed the enrolment form and returned it, you will be a student of the Recovery College

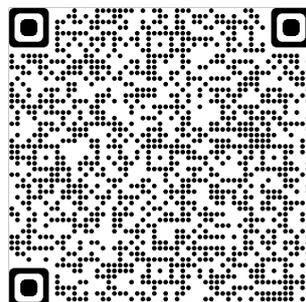
STEP 3

Notify us of the courses you wish to enrol on
Telephone: 028 9504 3059
E-mail: RecoveryCollege@belfasttrust.hscni.net

STEP 4

We will send course reminders for both face to face and online
If you are unable to attend, please let us know ASAP so another student can avail of the place.

ENROL HERE



ATTENDING OUR WEBINARS

- Enrolment for webinars is the same as face to face courses. For an online course you will receive a link for Microsoft Teams that will arrive by email the day before the course
- Microsoft Teams is the programme used by the Recovery College. You can download the Teams app or just click on the link!
- 5 minutes before the course commences, one of our staff will open the room to everyone. And that's it you're online
- We would encourage students to switch their cameras on as we have found students have had a far more enriching experience. We do however understand if you do not wish to use your camera.

We understand attending new courses can be daunting, if you require any support or would like to speak to one of our peers who can talk you through the course please do not hesitate to contact us.

Email: RecoveryCollege@belfasttrust.hscni.net

Telephone: 028 9504 3059

If you are unable to attend please let us know ASAP so another student can avail of the place.

Please note by enrolling for a course including an on-line application you are consenting to the terms of how the classes operate in the Belfast Recovery College.

STUDENT CHARTER

The student charter aims to ensure that everyone attending the Recovery College for mental health and wellbeing classes has a positive, welcoming and enriching learning experience. To participate in Recovery College classes we all have a responsibility to ensure this Student Charter setting out a code of conduct, standards and boundaries of behaviour are respected and adhered to. The Charter also set out the standards for providing a quality service.



Belfast Recovery College

HOPE, CONTROL AND OPPORTUNITY

Our College will:

- Make our students feel welcome and provide a positive educational and safe learning environment
- Provide an accessible service which promotes the College ethos of hope, control and opportunity
- Treat you with dignity and respect while valuing your contribution and worth as an individual
- Ensure you have access to our classes and put in place support and reasonable adjustments to aid your learning
- Respect our students rights, life choices, beliefs and opinions
- Help to discuss any anxieties about attending a class
- Help to develop a learning plan, discuss any needs and provide you with support to aid learning
- Notify you by email or telephone of any changes to course dates, venue or cancellations
- Provide you with joining instructions and strict guidance that must be followed should you wish to participate in webinar classes via Microsoft Teams
- Set out the strict arrangements and boundaries of how on-line and face-to-face classes are conducted to ensure a comfortable enjoyable learning experience for all alongside protecting personal and/or sensitive information as far as reasonably possible
- Provide you with a privacy notice giving you fuller detail of how your data is managed
- Make you aware in the privacy notice that you can delete your own chat from a webinar session that you attend
- Provide students with the opportunity to 'opt in' or 'opt out of' participating in a class or remaining on our student register
- Welcome and consider your feedback about the Recovery College services to improve what we offer.

Our students will:

- Advise us in advance if you are unable to attend a class so we can offer the place to another student. Classes are free to students but run at a cost to the Recovery College
- Adhere to the ground rules and boundaries of behaviour set at the beginning of each class
- 'Share with care' in classes - detailed personal specific sensitive information or other individual's sensitive personal information cannot be shared
- Behave in a way that fosters mutual respect and understanding in classes
- Respect the rights, life choices, beliefs and opinions of other students in the Recovery College
- Respect Recovery College staff or volunteers via the telephone, email correspondence or in person
- Not behave in a way that prevents or disrupts learning for others
- Ensure they adhere to the boundaries and instructions safeguarding the class arrangements set out in this charter/code of conduct, the fuller privacy notice and class invitation emails
- Not make screen shots of any information during a webinar or pass this on to any other person such as chat, names or contact e-mail addresses
- Not forward course links on to any other person. The College manages invitations to courses
- Not use violent, disorderly or offensive behaviour or language in class, social media and on-line. Note that students can be removed from the register
- Refrain from the use of alcohol or illegal substances on site or during an online class
- Ask the Recovery College to explain anything you are not sure of. Staff are only too happy to help.

STUDENT FEEDBACK

Excellent course, thoroughly enjoyed! Well structured. Particularly enjoyed group discus-

This has literally been the most helpful webinar I've ever attended. I'm so glad you recovered and thank you so much for today everyone.

Very helpful and really enjoyed the course and trainers knowledge and expertise.

I was happy with everything. Knowing that I didn't have to speak or have my camera on helped so much with my anxiety. It allowed me to actually take in, as well as process, the information of the course. I also felt at ease and stable. So the fact that the staff were able to met my needs was such a big help for me

Overall the course was excellent. Very detailed and engaging. The group was lovely and the tutors delivered the course to a very high standard.

This is the course that came just at the right time and I have learnt more how to cope men-

Nothing to improve. Was very informative. Loved hearing service user experience.

OUR COURSES ARE ADVERTISED ON THE FOLLOWING WEBSITES:



www.bewellbelfast.hscni.net

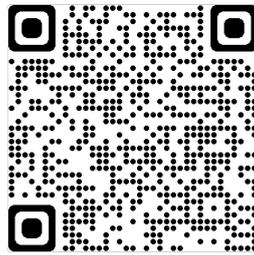


CONTACT US

To visit the Belfast Recovery College website, you can either use the QR code below or search for our website:

www.belfasttrust.hscni.net/services/belfast-recovery-college

Visit our Website



If you are interested in enrolling in the Belfast Recovery College, you can either use the QR code below, call us on 028 9504 3059 or email us at:

Recoverycollege@belfasttrust.hscni.net

Enrol Here





Belfast Recovery College

HOPE, CONTROL AND OPPORTUNITY



HSC Belfast Health and
Social Care Trust
caring supporting improving together