

## AYLESBURY - Autumn Term – 10<sup>th</sup> September/19<sup>th</sup> October 2018

You don't need to be referred to us – potential students just need to email, call or text us on the below number. Students are all abilities, backgrounds and ages (over 18 years). All sessions are FREE to everyone - service user, ex-service user, carer, friend, family member or professional. All courses are designed and delivered in partnership with those who have lived experience of mental health challenges (eg, peer tutor) and those who have professional experience (e.g. an occupational therapist). This is known as co-production and co-delivery. Courses are NOT therapy but we do provide a therapeutic environment and all classes have an emphasis of recovery from socializing and learning something new, to enjoying oneself and sharing our hope, experience and acceptance of recovery.

**ALL SESSIONS MUST BE PRE-BOOKED WITH SAM BAXTER (college co-ordinator) ON [contactus@buckinghamshirerecoverycollege.org.uk](mailto:contactus@buckinghamshirerecoverycollege.org.uk) OR TEXT/CALL 07748328758**

***Our vision is to provide a learning experience that is accessible to all. We recognise that people and communities hold their own solutions and through working together in partnership, everyone can realise their own unique potential.***

The student Code of Conduct has been designed to enable us to realise that vision.

As a student we expect you to:

- 1. Show respect to all students and staff.**
- 2. Be mindful of overdisclosing. Although we do share our experiences we are not trained counsellors/therapists.**
- 3. Take an active part in your own learning; using the resources made available to you.**
- 4. To book onto courses through the college co-ordinator**
- 5. To attend courses punctually AND let the college coordinator know if you cannot attend a session.**
- 6. To refrain from the use of alcohol and illicit substances while attending the sessions.**

You will receive confirmation of a place if there is space available.

Please check out our facebook page at bucksrecoverycollege, our twitter and Instagram pages and also our website at

[www.buckinghamshirerecoverycollege.com](http://www.buckinghamshirerecoverycollege.com)

## AYLESBURY - Autumn Term – 10<sup>th</sup> September/19<sup>th</sup> October 2018

MONDAYS			
Date	Session times	Location	Tutors:
Yoga Therapy			
Monday 10 <sup>th</sup> September Monday 17 <sup>th</sup> September Monday 1 <sup>st</sup> October Monday 8 <sup>th</sup> October Monday 15 <sup>th</sup> October	2.30pm – 3.30pm	Aylesbury, Whiteleaf Therapy Room 5	Tutors: Charlotte
<p>Our Monday yoga sessions are for those seeking relief from some symptoms or health condition that are troubling them. In the sessions we look at self-investigation and self-development and will explore it's other aspects such as pranayama and meditation which will help teach you techniques to help you feel better. Please wear comfortable clothing. You can bring your own mat but one will be provided.</p>			
Spirituality and Recovery			
Monday 22 <sup>nd</sup> October	13.30pm -16.30pm	Aylesbury, Whiteleaf Centre The Conference Room	Tutors: Charlotte, Angela and Willow
<p>We will be asking, <b>'What is spirituality?'</b></p> <p>There is no one definition, but in general, spirituality:</p> <ul style="list-style-type: none"> <li>▪ is something everyone can experience</li> <li>▪ helps us to find meaning and purpose in the things we value</li> <li>▪ can bring hope and healing in times of suffering and loss</li> <li>▪ encourages us to seek the best relationship with ourselves, others and what lies beyond. Spirituality emphasises the healing of the person, not just the disease. It views life as a journey, where good and bad experiences can help you to learn, develop and mature.</li> </ul>			

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Mindfulness Workshop			
Monday 17 <sup>th</sup> September	10am – 12pm	Aylesbury, Whiteleaf Therapy Room 1	Tutors: Anna Maria
<p>This workshop is designed to enable people to safely dip into Mindfulness.                      This session offers a practical and conceptual introduction to what Mindfulness is, how it helps to aid mental health recovery and wellbeing. Each session includes some Mindfulness practices, guided information, small group discussion and gentle mindful exercises.</p>			

<b>TUESDAYS</b>			
Chapters			
Tuesday 18 <sup>th</sup> September Tuesday 25 <sup>th</sup> September Tuesday 2 <sup>nd</sup> October Tuesday 9 <sup>th</sup> October Tuesday 16 <sup>th</sup> October	11.30am-1pm	Aylesbury, Whiteleaf Meeting Room 1	Tutors: Heide, Dawn and Tracey
<p>Curling up with a good book is not only enjoyable, it can positively impact your mental and emotional health. Reading books, particularly fiction, fully engages the mind and imagination. Any activity that possesses meditative qualities in which the brain is fully focussed on a single task is proven to reduce stress and enhance relaxation. Each session we read a section of our chosen book and within the session and then explore what we have read through a range of activities.</p>			
Mental Health Awareness			
Tuesday 11 <sup>th</sup> September Tuesday 18 <sup>th</sup> September Tuesday 25 <sup>th</sup> September Tuesday 2 <sup>nd</sup> October Tuesday 9 <sup>th</sup> October Tuesday 16 <sup>th</sup> October	2pm-4pm	Aylesbury, Whiteleaf Art Room, Day Hospital	Tutors: Heide, Tracey and Sue
<p>Mental ill-health has a devastating effect on the individual as well as the people around them. Very often a lack of information and lack of understanding makes the already difficult condition and situation much worse. This course will be an introduction to a number of mental health disorders, including; depression and low moods, anxiety, stress and bipolar disorder. It will include information on causes symptoms, treatment options and self-help techniques. The teaching approach will be flexible, including discussion, exploration, role-play and elements of creativity to underpin learning. Student feedback will play an important part in these sessions to insure as far as possible that every student can gain from the sessions.</p>			

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THURSDAYS			
Benefits of Nature			
Thursday 13 <sup>th</sup> September Thursday 20 <sup>th</sup> September Thursday 27 <sup>th</sup> September Thursday 4 <sup>th</sup> October Thursday 11 <sup>th</sup> October Thursday 18 <sup>th</sup> October	1pm – 3pm	Aylesbury, Whiteleaf Art Room, Day Hospital	Tutors: Willow and Angela
<p>This course will look at how nature can benefit mental health recovery and specifically how it can help improve a range of mental (and physical) health matters. The topics covered will include stress, anxiety, low mood/depression, low self esteem, anger, poor sleep and concentration. Participants will explore how interacting with nature can help them to maintain recovery, become more aware of this wonderful resource and be encouraged to use the strategies discussed in their day to day life.</p>			

<b>FRIDAYS</b>			
<b>Yoga</b>			
Friday 14 <sup>th</sup> September Friday 21 <sup>st</sup> September Friday 28 <sup>th</sup> September Friday 5 <sup>th</sup> October Friday 12 <sup>th</sup> October Friday 19 <sup>th</sup> October	2.30pm-4.30pm	High Wycombe Valley Centre Day hospital (art room)	Tutors: Kate
<p>The sessions involve teaching, guided practice, discussion, body awareness and gentle exercises. Learning relaxation techniques help to better access our experience of the moment, our thought process and its causes. It is a strategy which has been proven to be effective for relieving, managing and overcoming many forms of distress in our minds.</p>			
<b>Ways to Wellbeing (Formerly knit and natter)</b>			
Friday 14 <sup>th</sup> September Friday 28 <sup>th</sup> September Friday 5 <sup>th</sup> October Friday 12 <sup>th</sup> October Friday 19 <sup>th</sup> October	11am – 12.30pm	Aylesbury, Whiteleaf Centre	Tutors: Heide, Dawn
<p>Evidence suggests there are 5 steps we can all take to improve our mental health wellbeing. In this course we will incorporate those very 5 steps through the medium of knitting. We will learn how to knit, or improve knitting skills (keep learning), work as a team to create a beautiful, unique blankets (connecting with others). The finished items will then be presented to a care-home in the community (giving). Knitting is an activity which needs us to be mindful of what we are doing (taking notice). And through the action of knitting we will be more active and doing something enjoyable, that can also be a useful distraction technique that keeps us going.</p> <p>Being in a safe environment, where we can share our thoughts freely with others without the fear of judgement helps to feel less isolated as well as more hopeful.</p> <p>We will introduce and teach knitting skills, as a helpful tool, which has a calming and soothing effect on us and the knitted items will help the knitters to gain a sense of achievement, which has a positive impact on self-esteem and self-worth.</p>			

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This is Me			
Friday 14 <sup>th</sup> September Friday 21 <sup>st</sup> September Friday 28 <sup>th</sup> September Friday 5 <sup>th</sup> October Friday 12 <sup>th</sup> October Friday 19 <sup>th</sup> October	1.30pm-3pm	Aylesbury, Whiteleaf Centre Art Room, Day Hospital	Tutors: Heide, Dawn and Sam
<p>This course has been designed to explore the basic question of “who are you?” In the sessions we will be exploring our identity and personality and how we can be more aware of who we are and why we are unique. We will look at our strengths and weaknesses, hopes and dreams, similarities and differences. We will look at self stigma and develop strategies to combat feelings of shame, anger and despair. Activities have been designed to help to develop our self-esteem and feelings of being more positive about yourself and others.</p>			