

HIGH WYCOMBE - Autumn Term – 10th September/19th 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 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

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MONDAYS

Date	Session times	Location	Tutors:
Exercise your Emotions			
Monday 10 th September Monday 17 th September Monday 24 th September Monday 1 st October Monday 8 th October Monday 15 th October	11.30-12.45pm	High Wycombe The Hive (Totteridge Community Centre) 1-2 Arnison Avenue, HP13 6DD There is free parking on site.	Tutors: Sam P/Carol
<p>This course looks at the relationship between a healthy body and a healthy mind. Our emotions are a powerful part of us and can play havoc with our lives. All emotions are valid and important - even the uncomfortable ones, they tell us what is going on. In this course we will take a closer look at emotions what links them and how they might feed off each other.</p> <p>The more aware we can be of our feelings the easier it becomes to respond with control in tricky situations, rather than to react automatically. The sessions will use some fun, low level activities to demonstrate key principles in understanding anxiety, self esteem and confidence and the experience of emotions on our body.</p>			
Mental Health Awareness			
Monday 10 th September Monday 17 th September Monday 24 th September Monday 1 st October Monday 8 th October Monday 15 th October	1.30-3pm	High Wycombe Valley Centre Day Hospital (art room)	Tutors: Heide/Carol
<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.</p>			

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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 ensure as far as possible that every student can gain from the sessions.

TUESDAYS

Health Walk with Wycombe Wanderers Sports and Education Development Trust

Every Tuesday	11-1pm	High Wycombe Wycombe Rye Lido Car Park (parking 50p)	Tutors: Sam P
It has been proven that spending time out in nature can improve your mood, confidence, relaxation, sense of connection, motivation and energy levels. Together we enjoy time out in nature, learn about its wellbeing benefits and how to bring them in to your everyday life.			

Wellness Recovery Action Plan (WRAP)

Tuesday 11 th September Tuesday 18 th September Tuesday 25 th September Tuesday 2 nd October Tuesday 9 th October	2pm-4pm	High Wycombe Valley Centre (day hospital)	Tutors: Steve, Maya, Carol
This course will look at wellness recovery action plans (WRAPs), a well-studied and -researched self-directed approach (see below) for managing mental health and changing behaviours.			
This course has been designed with discussion and class materials that focus on a gradual discovery-based approach for students to create their own plans, rather than relying on a workbook-directed methodology as seen in many of the public resources available online. As such, this course contains only some elements of the WRAP method; it omits the crisis planning portion, and additionally puts some emphasis on planning options for situations where the user has become overwhelmed. In this case, the plan provides a reference for choices rather than being wholly focussed on changing behaviours.			

The course will aim to encourage students to reflect on how their behaviours change in stressful situations and gradually develop a new understanding of their responses and various choices that they have to recover from the difficulties these situations cause. By the end of the course, the students will have been given the opportunity to put together a customized plan for themselves, by themselves, that helps them to remind them how they can maintain a positive mindset when their life is going well, but also how they can respond to challenging situations when it is much harder to think rationally.

WEDNESDAYS

Mindfulness

Wednesday 12 th September Wednesday 19 th September Wednesday 26 th September Wednesday 3 rd October Wednesday 10 th October Wednesday 17 th October	1pm-2.30pm	High Wycombe Valley Centre (Meet in the main reception)	Tutors: Carol/Anna-Maria
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The sessions involve teaching, guided practice, discussion, body awareness and gentle exercises. The mindfulness approach helps to better access our experience of the moment, our thought process and its causes. Consequently, it helps to make better choices and enhance well-being. Life can be challenging at times and can have significant ups and downs. We can experience a range of internal distressing experiences like, selfcritical thoughts, voices, fear and anxiety about the future or painful memories. Practising mindfulness can give you the chance to step out of the loop and see things differently. It is a strategy which has been proven to be effective for relieving, managing and overcoming many forms of distress in our minds. Students will learn that mindfulness is about having complete focus on the here and now, of our thoughts, feelings and physical sensations. Our thoughts do not necessarily reflect the truth but it can feel this way. Practising mindfulness allows you the space to stand back from your thinking.

This course is designed to enable people to safely dip into Mindfulness.

These sessions offer 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.

THURSDAYS

Narrate My Recovery

Thursday 13 th September Thursday 20 th September Thursday 27 th September Thursday 4 th October Thursday 11 th October Thursday 18 th October	1pm-3pm	High Wycombe Valley Centre Day hospital (art room)	Tutors: Heide/Carol
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In this course we will look at Creative Writing as a useful therapeutic tool on the journey towards recovery from mental ill-health. We will explore the benefits of expressing our thoughts and feelings through the activity of writing and look at writing as a stress buster. These sessions will give the opportunity in a safe setting to start writing and to share our thoughts, connect with others in the group, feel less isolated and group support along the way.

The course will be facilitated by tutors who all have lived experience of mental health challenges; and have found creativity in its many forms a vital part of their recovery. As far as possible we will endeavour to create a stigma free area in which students and tutors can be themselves, without fear of judgement, where true exploration and growth can become possible in a supportive environment..

In each session we will offer topics and suggestions as starting point for our writing journey. We will introduce exercises that can be helpful to get started and to keep going. We will underline that there are no right or wrong ways to approach writing and that grammar and spelling are not the important issue here. We will have a flexible student centred / lead approach and be open to suggestions from the group members and encourage sharing of ideas.

Body and Mind

Thursday 20 th September Thursday 27 th September	11am-12.30pm	Hazlemere Recreation Ground Free parking available (HP15 7QW)	Tutors: Anna Maria/Carol
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Be in your body and quieten your mind – Mindful movement and exercises to balance Body-Mind. Outdoor mindfulness, meditation and Qi Gong type movements. In extreme weather conditions this course may have to be cancelled but you will be contacted on the day.



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