Recovery & Wellbeing ACADEMY

A learning approach to Mental Health and Wellbeing delivered across Coventry and Warwickshire

Spring/Summer Prospectus 2019
Welcome

Are you nervous or unsure about coming to the Recovery & Wellbeing Academy for the first time?

Come and meet one of our tutors or
Text or email us at Recovery.Academy@covwarkpt.nhs.uk

call us on 0300 303 2626 or

email us at Recovery.Academy@covwarkpt.nhs.uk

All courses and workshops delivered by the Recovery and Wellbeing Academy are educational and will equip you with skills and knowledge to better manage your mental health and wellbeing. However, if you feel you require more intensive or specialist support and currently do not receive any, you can contact your G.P, CBS (Central Booking Service) on 0300 200 0011 or your local IAPT (Improving Access to Psychological Therapies) service who offer specialist talking therapies. For an IAPT assessment please call 024 7667 1090.

How do I enrol?

Enrolment is quick and easy and can either be completed online, by telephone or by post. Online registration: visit https://recoveryandwellbeing.covwarkpt.nhs.uk

Call, email, send or hand deliver your enrolment form to the Recovery Academy main hubs:

Recovery & Wellbeing Academy Hub
Caludon Centre
Clifford Bridge Road
Coventry CV2 2TE
Email: Recovery.Academy@covwarkpt.nhs.uk
Tel: 0300 303 2626

Recovery & Wellbeing Academy Community Hub
Coopers Lodge, 61 St Nicholas Street
Coventry CV1 4BN
Email: pathways@cwmind.org.uk
Tel: 024 7622 9988

This document can also be made available in other languages, large print, Braille and audio format upon request. Email: Recovery.Academy@covwarkpt.nhs.uk
Expectations

Expectations of the Recovery and Wellbeing Academy
- To keep your information safe and confidential.
- To provide a quality service in a safe and nurturing environment.
- Endeavour to meet the needs of each individual and support them in accessing further support.

Expectations of Everyone
- To treat everyone as you would expect to be treated.
- Respect confidentiality of all students, tutors and peer volunteers.
- Turn up on time.
- To be sober and not under the influence of illegal substances on the day.
- Only attend if it is something you want to do.

Who are the Courses run by?

We believe in bringing together professionals and people with lived experience to share information with our students. This is called Co-production. We believe bringing these two areas of expertise together promotes the best learning experience.

Key Symbol:
- Co-created
- Co-delivered
- Quality approved

You will find some of these symbols next to the courses in this prospectus to see which are co-produced. As the Academy develops we aim for more and more courses to be co-created and co-delivered.

Taking power and control

An introduction to Recovery, Co-production and the Recovery and Wellbeing Academy

Recovery is a word that we often hear talked about but, what is it? And what does recovering from mental illness mean?

What is the Recovery and Wellbeing Academy and who can it help?

This course aims to inform about all these concepts and begins to introduce and explore the help available.

Learning outcomes:
- To have a greater understanding of what mental health recovery means to each individual.
- To look at what co-production is and the value of working with people with lived experience of mental ill health as well as professionals.
- To introduce Coventry and Warwickshire’s Recovery and Wellbeing Academy, what courses are available and have the opportunity to speak to a tutor about what courses may be beneficial to you.

Aimed at: People who have an interest in finding out more about Mental Health and Wellbeing and how to access the Recovery and Wellbeing Academy courses.

Course tutors: Staff and peer volunteers from Coventry and Warwickshire NHS Partnership Trust.

Duration: One, 2 hour session.

Building Assertiveness Skills

This course aims to enable participants to understand assertive behaviour, identify barriers and explore communication blockers and boosters. It teaches a range of techniques that will aid assertion.

Learning outcomes:
- Understand what assertive behaviour is.
- Identify barriers to assertive behaviour and explore communication blockers and boosters.
- Understand the range of skills needed to become more assertive.

Aimed at: Anyone who wants to learn about how to develop assertiveness skills.

Course tutors: Coventry & Warwickshire Mind Recovery Academy Staff.

Duration: Five, 2 hour sessions over consecutive weeks.

Improving Motivation

The session aims to improve your understanding of what low motivation means and empower participants to improve their ability to live life fully and in their own way.

Learning outcomes:
- Understand the three components of motivation.
- Learn how to set SMART goals.

Aimed at: Anyone who feels that being motivated is an issue and wants to get a clearer understanding of what it means to be motivated.

Course tutors: Coventry & Warwickshire Mind Recovery Academy Staff.

Duration: One, 2 hour session.

Get involved with Coventry and Warwickshire Partnership Trust (CWPT)

The Academy offers many opportunities to get involved, for example sharing your story. This helps inspire others on their own recovery journey

For more information about how you may get involved call: 0300 303 2626
Or email Recovery.Academy@covwarkpt.nhs.uk

Get involved with Coventry and Warwickshire Partnership Trust (CWPT) Engagement

Please contact us to find out about our engagement opportunities.

For more information about how you may get involved call: 024 7636 8920
Or email WeAreListening@covwarkpt.nhs.uk

Volunteering

Or for information on other CWPT volunteering opportunities please email volunteer@covwarkpt.nhs.uk
Taking power and control

Empower Yourself: Know your rights

This course aims to empower people by teaching all about people's rights within mental health care systems, what to expect and how advocacy may be able to support you.

Learning outcomes:
- Learn about the mental health act and your rights under the act.
- Learn what information you should be given and your rights to respect, confidentiality and to be safe from abuse.
- Learn about your rights to have as much independence and involvement in your care as possible.
- Learn what you can do if you are not happy about something.
- Learn about your rights to advocacy and how they can help you.
- Learn about 'buzz words' used in mental health services and understand what they mean.

Course tutors: Staff from Voiceability.

Duration: One, 2½ hour session.

Care Planning in Mental Health Services

This course introduces what mental health care planning is, how important it is and how to be actively involved in your care planning decisions.

Learning outcomes:
- Examine what good care planning looks like.
- What is the purpose of the assessment – and what things should it include?
- Working in collaboration with mental health professionals.
- Learn about advance directives and the importance of our aspirations and goals.

Aimed at: People who want to gain more control and ownership over their own care within mental health services and ensure that their own goals and aspirations are met. Carers, family or professionals may also find this course useful.

Course tutors: Staff and peer volunteers from Coventry and Warwickshire NHS Partnership Trust.

Duration: One, 2 hour session.

Goal Setting for Mental Wellbeing

This course aims to help people recognise their strengths and utilise these to learn how to set realistic and achievable goals that supports recovery and mental wellbeing.

Learning outcomes:
- To learn how to use SMART goal setting techniques that are recovery focused.
- Identify and appreciate your own skills.
- Feel empowered to take control of your own goal setting.

Aimed at: Anyone who would like support to learn goal setting skills to improve their mental health wellbeing.

Course tutors: Staff and peer tutors from Coventry and Warwickshire Partnership Trust.

Duration: One, 2 hour session.

Writing for Wellbeing

In this course we will investigate how writing can contribute to our sense of wellbeing. It will be an opportunity to try out different techniques including ‘mindful’ writing. You don’t need any previous experience of creative writing, paper and pens will be provided. All that you write, you keep.

Learning outcomes:
- Gain a better understanding of how writing can benefit your wellbeing.
- Feel more confident and comfortable putting pen to paper.
- Learn some simple writing techniques that can support your wellbeing.

Aimed at: The course is aimed at anyone looking to find alternative coping strategies that can improve mental wellbeing.

Course tutors: Staff and Peer volunteers from Coventry and Warwickshire Partnership Trust.

Duration: Three, 2 hour sessions over consecutive weeks.

Jargon Busting in Mental Health Services

Are you struggling to understand all the language used when trying to access help and support for your own mental health and wellbeing? It can be really difficult to understand what is going on, particularly when accessing mental health services for the first time in terms of what care and support you should be getting when all your hearing are new terms and medical jargon.

This course aims to challenge the use of jargon and give people the opportunity to receive answers to what these terms actually mean.

Learning outcomes:
- Build an understanding of what jargon actually is.
- Build knowledge of different common terms used within mental health services.
- Empower students to know how to challenge the use of jargon in their care and increase control over their own wellbeing and personal recovery.

Aimed at: Anybody who has been confused and wants to learn more about different terms used within their care and want to gain more power and control over their own recovery.

Course tutors: Staff and peer volunteers from Coventry and Warwickshire Partnership Trust and Making Space.

Duration: One, 2 hour session.

"Learnt so much from this course."

Feedback from course attendee
NEW: Managing Emotions
This course is aimed at anyone that would like to find out more about the different emotions we can experience, why they are important and how we may act or make decisions based on them. The course will help you to think about emotional responses and how people can regulate them with practice and self-awareness.

Learning outcomes:
- To increase awareness and understanding of different emotional states, by exploring the theory and function of emotions
- Skills to identify emotions effectively
- Self-help strategies to be able to reflect, react well and live with emotions
- To look at ways to accept the emotions that we are feeling and how to be kind to ourselves

Aimed at: Anyone who would like to begin to think about managing emotions and their responses.
Course tutors: Academy tutors from Coventry and Warwickshire Partnership NHS Trust.
Duration: Five, 2 hour sessions over consecutive weeks.

NEW: How to influence change in Mental Health Services
Are you interested in influencing change in mental health services? Do you have experience of a mental health condition or been a patient or service user?
The course explains how individuals can make a difference and have their voice heard at meetings and support to build confidence and communications skills. Find out about co-production and Making Space and what they can do to support your journey to making a difference.

Learning outcomes:
- Understand what co-production is.
- Explore the purpose and benefits of co-production for individuals and organisations.
- Barriers to co-production and how to overcome them.
- Opportunities to get involved in co-production and improving services.

Aimed at: Anyone with an interest in improving mental health services or voicing their lived experiences.
Course tutors: Staff and volunteers from Making Space.
Duration: One, 2 hour session.

Dealing with Conflict
This course aims to provide an understanding of conflict and confrontational situations. We explore different approaches and styles and provide strategies to better manage these difficult episodes in our lives.

Learning outcomes:
- To develop an understanding of what constitutes conflict and the impact it will have on yourself and others.
- To learn how our thoughts, emotions, physical symptoms and behaviour are linked and how they affect each other.
- To have a better understanding of your own reactions to confrontational situations.
- To develop a better understanding of the difference between assertive, passive and aggressive behaviours, and the consequences each can have.
- To understand how body language and tone of voice can escalate and de-escalate conflict.
- To develop strategies for dealing with conflict when it occurs.

Aimed at: Anyone wanting to better deal with difficult situations in a calm assertive but non-threatening way.
Course Tutors: Staff and volunteers from Coventry & Warwickshire Mind Recovery Academy Staff.
Duration: Five, 2 hour sessions over consecutive weeks.

Dementia Friends
This is an INFORMATION session which aims to raise awareness of dementia. Dementia Friends is a social action movement that is aiming to improve society’s understanding of dementia and to inspire people to take action to support people affected by dementia in their community.

Learning outcomes:
- Learn more about dementia.
- Learn what it’s like to live with dementia and then turn that understanding into action.
- How to be a Dementia Friend.

Aimed At: Anyone can be a Dementia Friend.
Course Tutors: Graham Ricketts (Volunteer Dementia Friends Champion).
Duration: One, 1 hour session.

Coping with Caring
This course aims to raise awareness and understanding of the psychological impact of caring and improve resilience and reduce caregiver stress.

Learning outcomes:
- To understand the role and interaction of thoughts, feelings and behaviours that contribute to care giver stress.
- To develop personal stress management strategies.
- To signpost to support organisations.

Aimed at: Anyone in a formal or informal care giving role.
Course tutors: Staff from Coventry and Warwickshire Partnership Trust and the Carers Trust.
Duration: One, 2½ hour session.

By attending these courses I know I am not on my own.

Feedback from course attendee

I felt welcomed and included, the content was very relevant to my needs.

Feedback from course attendee
Physical health and self-care

**NEW: Supporting Health and Promoting Exercise (SHAPE)**

Supporting health and promoting exercise (SHAPE) programme meets twice a week Tuesdays and Thursdays. Each session lasts 2 hours, the first hour gives information and tips on an array of health and fitness topics and the second hour is getting active with taster sessions of a variety of sports and relaxation that supports health and wellbeing. This course is a great way to kick start a healthier you!

**Learning Outcomes:**
- Understand why sleep matters and the stages of sleep.
- Identify the possible causes of sleep problems.
- Learn ‘Good Sleep Habits’.

**Aimed at:** Anyone who is experiencing difficulty getting good quality sleep.

**Course Tutors:** Coventry & Warwickshire Mind Recovery Academy Staff.

**Duration:** One, 2 hour session.

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**Learning Outcomes:**
- Understand why sleep matters and the stages of sleep.
- Identify the possible causes of sleep problems.
- Learn ‘Good Sleep Habits’.

**Aimed at:** Anyone who is experiencing difficulty getting good quality sleep.

**Course Tutors:** Coventry & Warwickshire Mind Recovery Academy Staff.

**Duration:** One, 2 hour session.

**Co-created**

**Co-delivered**

**Quality approved**

**Feedback from course attendee**

“It reignited my motivation.”

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**Easy Exercise for Wellbeing**

Exercise is good for both our physical and mental health. This course aims to teach easy and low level ways of exercising without the need for costly gyms or equipment. Learn how you are already your own gym and how to scale exercises and what household items you can improvise with and use.

**Learning Outcomes:**
- To have a wider knowledge of exercises you can do anywhere.
- Learn scaled manageable versions of each exercise.
- Learn exercises that use little or no equipment and how to improvise with everyday items you have at home.

**Aimed at:** Anyone that would like to improve their physical and mental health via exercise. This course is suitable for all ages and fitness levels.

**Course Tutors:** Staff and peer volunteers from Coventry and Warwickshire Partnership Trust.

**Duration:** One, 2 hour session.

**Co-created**

**Co-delivered**

**Quality approved**

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**Sleep Problems**

This session looks at sleep problems, the symptoms and their psychological effects and what can be done to help improve sleep.

**Learning outcomes:**
- Understand why sleep matters and the stages of sleep.
- Identify the possible causes of sleep problems.
- Learn ‘Good Sleep Habits’.

**Aimed at:** Anyone who is experiencing difficulty getting good quality sleep.

**Course Tutors:** Coventry & Warwickshire Mind Recovery Academy Staff.

**Duration:** One, 2 hour session.

**Quality approved**

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**Learning Outcomes:**
- Understand why sleep matters and the stages of sleep.
- Identify the possible causes of sleep problems.
- Learn ‘Good Sleep Habits’.

**Aimed at:** Anyone who is experiencing difficulty getting good quality sleep.

**Course Tutors:** Coventry & Warwickshire Mind Recovery Academy Staff.

**Duration:** One, 2 hour session.

**Co-created**

**Co-delivered**

**Quality approved**

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**Feedback from course attendee**

“It reignited my motivation.”

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This course, delivered by Coventry Building Society, aims to equip individuals with the skills and knowledge to help manage money and make better financial decisions. The course will also address fraud prevention outlining ways you can protect yourself against fraudulent activity.

Learning outcomes:
- Recognise your spending habits.
- Understand how to budget your money.
- Fraud prevention.

Aimed at: Anyone wanting to take control of their money management.

Course Tutors: Coventry Building Society Employees.

Duration: 2 hour session.

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**Cook Together Eat Together**

A free cookery project that aims to bring people together in a fun and enjoyable cooking club. Each week participants will cook a range of exciting recipes, learn new skills and make new friends. Each cooking club will “cook together and eat together” every week. A chance to share experiences and bring together new ideas. All ingredients and equipment are provided.

Learning outcomes:
- Learn about key areas of healthy eating and a balanced nutritious diet.
- Learn to cook healthy balanced meals from scratch on a budget.
- Increase cooking skills.

Aimed at: Over 55’s

Course Tutors: Groundwork West Midlands.

Duration: Six, 2 hour sessions over consecutive weeks.

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**Money Management**

This course, delivered by Coventry Building Society, aims to equip individuals with the skills and knowledge to help manage money and make better financial decisions. The course will also address fraud prevention outlining ways you can protect yourself against fraudulent activity.

Learning outcomes:
- Better understand how your art practice can channel your mental energy.
- Learn to express yourself through your own visual language.
- Learn to cultivate ‘me-time’ to improve focus and concentration.
- Increase confidence to access creative opportunities in the community.

Aimed at: Total beginners as well as experienced artists, and anyone looking for alternative coping strategies to improve mental well-being.

Course Tutors: Arty-Folks artists and members.

Duration: Three, 2 hour sessions over consecutive weeks.

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**Food & Mood**

This course aims to increase your understanding of the impact that what we eat can have on our mood.

Learning outcomes:
- Understand how what we eat has an impact on our mental and physical wellbeing.
- Learn about foods that are good for mental health and how to incorporate them into a daily diet.

Aimed at: Anyone who wants to understand the links between what we eat and mental wellbeing.

Course Tutors: Coventry & Warwickshire Mind Recovery Academy Staff.

Duration: One, 2 hour session.

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**The Environment and Me**

This six week course offers the opportunity to relax in a calm, non-judgmental atmosphere at a safe woodland site in Coventry. The course is based around the camp-fire circle and offers the chance to experience nature, meet other like-minded people and learn new skills such as fire-lighting using only a spark, green wood working, charcoal making, natural art and camp-fire cooking. There is a CV6 postcode restriction for this course but residents within Coventry City Council areas that fall outside this postcode will be considered on a case by case basis. Minibus transport provided or meet at the Visitor Centre entrance if you can make your own way there (please let us know on enrolment, by contacting Martin Felstead 02476 302912 or Priya Khatun 02476 554468). Pick up at 11am and return at 3pm at Coventry and Warwickshire MIND, Melbourne Gardens, Windsor Street, Spon End, Coventry, CV1 3BT. PLEASE BRING:
- A packed lunch, clothing suitable for the weather conditions (e.g. hot or cold, wet or dry and always sturdy footwear).
- Hot and cold drinks will be provided.
- Sorry no dogs allowed.

Learning Outcomes:
- Using the Five Ways to Wellbeing in the natural world (Connecting, Being active, Taking notice, Learning and Giving).
- Relaxation, increased self-esteem, confidence and getting outdoors.
- Exploring the natural world.
- Learning new woodland skills.
- Links to other nature-based activities in the area.

Aimed at: The course is aimed at those wanting to enhance their mental and physical wellbeing through the use of the natural world on our doorsteps.

Course tutors: Staff from Warwickshire Wildlife Trust and Coventry and Warwickshire Mind.

Duration: Six, 3 hour sessions over consecutive weeks.
**Breaking Barriers to Work**

This course explores the issues connected with returning to work after a period of mental health issues.

**Learning outcomes:**
- Learn how to make an informed choice about returning to work.
- How to prepare a CV and start job searching.
- Understand how to disclose mental health to an employer.
- Preparing to return to work and putting in place a wellness plan.

**Aimed at:** Anyone who is considering looking for work or returning to work after a period of mental health issues.

**Course tutors:** Coventry & Warwickshire Mind Recovery Academy Staff.

**Duration:** Two, 2 hour sessions over consecutive weeks.

**Volunteering for Coventry and Warwickshire Partnership Trust (CWPT)**

This workshop outlines the benefits of volunteering and gives details on a variety of volunteering roles on offer at CWPT from ward support, admin role, gardening or even becoming a peer worker.

There are many benefits of volunteering for CWPT:
- An opportunity to gain new skills and knowledge as well as using your own skills in a positive way.
- Out of pocket expenses reimbursed.
- Free DBS.
- Training opportunities.
- Ongoing support.
- Flexibility to volunteer hours that suit you.

**Learning outcomes:**
- Learn how volunteering within a Health care environment can build your CV.
- Learn how utilising your own life experiences can benefit others.
- Learn how volunteering can improve your confidence and general wellbeing.

**Aimed at:** Anyone living in Coventry and Warwickshire with lived experience or an interest in mental health care.

**Course tutors:** Staff and volunteers from Coventry and Warwickshire Partnership NHS Trust.

**Duration:** One, 2 hour session.

**An Introduction to Volunteering in Coventry**

If you want to:
- Try something new.
- Meet new people.
- Build your confidence.
- Develop routine and structure in your day.
- Build skills and experience.
- Improve your wellbeing and health.
- Make a difference to your community.
- Move towards employment and enhance your CV.

Then volunteering could be for you – our session will help you to explore the benefits of volunteering, give you an insight into the roles volunteers undertake in Coventry and where to go if you want to volunteer.

**Learning Outcomes:**
- Learn about the benefits for yourself and the wider community.
- Be more able to identify the type of voluntary role you could undertake.
- Understand where to go to find out about volunteering roles you can apply for and what extra support is available to help you start/continue with volunteering.

**Aimed at:** Anyone in Coventry interested in volunteering to support your wellbeing.

**Course tutors:** Staff and peer volunteers from Voluntary Action Coventry.

**Duration:** One, 2 hour session.

**An Introduction to Volunteering in Warwickshire**

If you want to:
- Build your confidence.
- Develop routine and structure in your day.
- Try something new.
- Meet new people.
- Build skills and experience.
- Move towards employment & enhance your CV.
- Improve your health and wellbeing.
- Make a difference to your local community.
- Feel good about yourself.

Then why not think about volunteering.

This session will help you to understand what volunteering is about, the benefits of volunteering for you, provide an in-sight into the variety of volunteering opportunities available and how to go about finding the perfect volunteering role.

**Learning Outcomes:**
- Learn what the benefits of volunteering are for you and the wider community.
- Understand what the rights and responsibilities are for volunteers.
- Be able to identify the different types of volunteering available and the variety of roles.
- Understand how to go about applying for a volunteering role and what support is available.
- Be aware of what support is available to continue with volunteering.

**Aimed at:** Anyone living in Warwickshire who is interested in volunteering to support your wellbeing.

**Course tutors:** Volunteers and staff from Warwickshire CAVA.

**Duration:** One, 2 hour session.
Five Ways to Wellbeing in the Woods

This course introduces an evidence based approach to maintaining a good standard of mental health and wellbeing. The Five Ways to Wellbeing helps you to explore your current levels of being able to:

- Connect – Socialise
- Be active – Exercise
- Take Notice – Being aware of the here and now
- Learn – Occupational activity
- Give – Helping others / helping yourself

We all have a sense of when we are mentally or physically unwell and may need to adapt/adopt new skills and activities to aid our overall Recovery. You may already be doing things that can help your mental wellbeing without realising: however this course will help you to identify the benefits of partaking in certain daily activities and how they can have a positive impact.

Learning Outcomes:
- Understand how to implement the five ways to wellbeing.
- Encourage you to take a personal look at what you do now and what you could do to improve.
- Introduce you to ARC’s regular Ecotherapy group at Foundry Wood which successfully supports the five ways to wellbeing.

Aimed at: Any individual who would like guidance and support on how to improve their mental health and wellbeing in their everyday lives.

Course Tutors: Staff and volunteers of ARC (Achieving Results in communities).

Duration: One, 2 hour session. (followed by the opportunity to join the regular weekly Eco-therapy sessions)

Be Universal Credit Confident

The course will introduce Universal Credit, which is the new benefit replacing:

- Income-based Jobseeker’s Allowance.
- Income-related Employment and Support Allowance.
- Income Support.
- Working Tax Credit.
- Child Tax Credit.
- Housing Benefit.

Universal Credit is live across Coventry and Warwickshire. Whether you can claim it will depend on where you live and your personal circumstances. Students will find out the latest information and have the opportunity to ask DWP Staff questions about the benefit and how it may work for you. It is not appropriate for discussion of individual cases.

Learning Outcomes:
- Understand Universal Credit.
- What you need to know when making a claim.
- Be familiar with the support available through the Jobcentre.

Aimed at: People with mental health challenges, Carers and Professionals.

Course tutors: Partnership Team from Department for Work & Pensions.

Duration: One, 2 hour session.

Understanding Personal Independence Payment

If you have a long term illness or disability – physical and/or mental, and you are aged between 16 and 64 years old then you may be entitled to Personal Independence Payment (PIP).

In this session you will find out more about PIP and the assessment process.

Learning Outcomes:
- Find out all about PIP.
- Learn about the assessment process.
- Learn what support is around to support with your application.
- Learn all about time frames for applications and reviews.

Aimed at: Anyone wanting to find out more about PIP and feel more confident to know how to apply.

It is not appropriate for discussion of individual cases.

Course tutors: Staff from DWP

Duration: One, 2 hour session.

"It’s given me an insight into the application process."

Feedback from course attendee

"Very informative and easy to understand."

Feedback from course attendee

Living skills and meaningful activity
Addiction

This course will explore commonly known mental health disorders/illnesses that may coexist with substance misuse and identify different support avenues that are available. This course will give you an overview of different coping strategies and self-help tools and help you to easily identify what service best suits your needs.

Learning Outcomes
• Give you an overview of services available for substance misuse and mental health and the referral processes involved.
• Provide an overview of addiction and how it can impact your mental health.
• Identify alternative coping strategies, self-help tools and develop abilities to set SMART goals.

Aimed at: Individuals with diagnosed or undiagnosed mental health difficulties that co-exist with substance use; for example, dealing with low mood/depression with alcohol.

Course tutors: Staff and peer volunteers from Coventry and Warwickshire Partnership Trust and Change, Live, Grow.

Duration: One, 2 hour session.

Substance Use and Mental Health

Obsessions & Compulsions
This course looks at the reasons behind obsessions and compulsions and explores how to put in place some strategies that will help alleviate the symptoms.

Learning outcomes:
• Understand the nature of obsessions and compulsions.
• Understand strategies for tackling obsessions and compulsions.
• Understand the nature of self-help and treatment options.

Aimed at: Anyone who wants to get a clearer understanding of the nature of obsessions and compulsions and be better able to assess the extent to which they are being impacted.

Course tutors: Coventry & Warwickshire Mind Recovery Academy Staff.

Duration: Two, 2 hour sessions over consecutive weeks.

Identity and self esteem

This course looks at why we lack self-esteem and confidence, the power of negative thinking, how it has such an impact on our lives, what we can do about it and the benefits of building our self-esteem and confidence.

Learning outcomes:
• Gain a clear understanding of the difference between confidence and self-esteem.
• Understand some of the root causes of low confidence and self-esteem.
• Learn strategies to develop and grow confidence and self-esteem.
• Learn how to challenge negative self-talk.
• Learn what hinders and what builds confident communication.

Aimed at: People struggling with low confidence and self-esteem.

Course tutors: Coventry & Warwickshire Mind Recovery Academy Staff.

Duration: Five, 2 hour sessions over consecutive weeks.

Improving Confidence & Self-Esteem

Wellbeing in later life

This course is aimed at anyone 50+ who wants to understand how to improve their emotional, mental and physical wellbeing and develop a renewed sense of purpose. The course particularly takes account of the challenges of changing circumstances and health and looks at how to continue to pursue a fulfilling lifestyle.

Learning outcomes:
• To have a better understanding of emotional, mental and physical wellbeing and ways we can improve it ourselves.
• An appreciation of changes that often happen in later life.
• What is fulfilment and how is it achieved.

Aimed at: Anyone over the age of 50 looking to improve wellbeing. Carers, family and friends are welcome to attend.

Course tutors: Staff and volunteers from Coventry & Warwickshire Mind.

Duration: Three, 2 hour sessions over consecutive weeks.
Identity and self esteem

Creating your own personal story

All of us face challenges in our lives. By sharing these stories we can share ideas, break down stigma and encourage people to take action. This course helps people to explore the various personal choices we have made and share them in a way that makes the most impact. Your story can be shared with loved ones, at a conference as either a patient advocate or staff member, on a blog or really anywhere you want to be memorable.

Learning Outcomes:
• Have a framework for telling a story of change.
• To reflect on past choices.
• To build confidence in talking to others about challenges you have faced.

Aimed at: Everyone who has faced challenges and wants to learn ways to share their story to help others.

Course tutors: Grapevine staff and previous attendees of this workshop.

Duration: One, 2½ hour session.

“Creating your own personal story”

Hope and trust

Positive Thinking

The aim of this workshop is to increase our understanding of what positive/negative thinking is, the impact of negative thinking and how positive thinking can help in our daily lives.

Learning outcomes:
• Understand negative thinking styles.
• Be able to challenge automatic negative thinking.
• Learn strategies to enable positive informed choices.

Aimed at: Anyone who wants to learn ways of thinking more positively.

Course tutors: Coventry & Warwickshire Mind Recovery Academy Staff.

Duration: One, 2 hour session.

“Positive Thinking”

NEW: Exploring Spirituality

When you think about spirituality, what does it make you think about? How important are your beliefs and do you feel that they are acknowledged.

This course is aimed at anyone who has an interest in spirituality and would like to find out more about it. It also explores the difference between religion and spirituality and our perceptions around both of these things. It will help to begin to understand the impact of spirituality on both our physical and mental health, while thinking about our values and beliefs and how they differ from person to person.

Learning outcomes:
• To make sense of spirituality.
• To think about what spirituality means to each of us.
• To look at the mind, body and spirit, how they affect us and ways we can begin to look after each one.
• To think about why spirituality is important to our mental wellbeing.
• To begin to think about how we can achieve a good level of spiritual self-care.

Aimed at: Anyone with an interest in spirituality, and to begin understand the many forms that this can take.

Course tutors: CWPT Chaplain and Staff from The Recovery and Wellbeing Academy.

Duration: One, 2 hour session.

“NEW: Exploring Spirituality”

"I am feeling stronger and more accepting of difficulties or imperfections in my life."

Feedback from course attendee
Mental health and wellbeing

Back on the Right Foot: Veterans Moving Forward Together

Coventry and Warwickshire Partnership Trust Ex-Armed Forces Service, in partnership with the Recovery and Wellbeing Academy, The Veteran Contact Point and Ubique Partnership have joined together with Warwickshire Veterans to create a brand new recovery based course especially for veterans and their families (The Armed Forces Community). This course aims to equip veterans and their families to understand and improve their skills to enable integration and general awareness of mental wellbeing in a friendly non-clinical way.

Learning outcomes:
• Learn ways to improve your health and mental wellbeing.
• Understanding addiction and the support available to help.
• Understanding how being a veteran can affect relationships.
• Adjusting to Civvy Street – to include Benefits & Accommodation.
• Dealing with the stigma of being a veteran.
• Understanding what support networks are available and how to use them more effectively.
• Improving employability.

Aimed at: Veterans or the families of Veterans, who want to understand the impact of being a former member of the UK’s Armed Forces.

Course tutors: Professionals from CWPT, Ubique Partnership and the Veterans Contact Point in partnership with Veteran Volunteers.

Duration: These sessions vary in length and will be delivered over 6 consecutive weeks.

Anxiety Management and Relaxation (5 week course)

This course aims to teach practical techniques and strategies to manage anxiety and stress such as relaxation, deep breathing and challenging unhelpful thinking styles.

Learning Outcomes:
• Recognise symptoms of anxiety.
• Learn how to manage anxiety responses.
• Understand the benefits of improving wellbeing and practicing relaxation techniques.

Aimed at: Anyone in need of support with managing anxiety, panic attacks, stress and learning to relax.

Course tutors: Coventry & Warwickshire Mind Recovery Academy Staff and Volunteers with experience of anxiety issues.

Duration: Five, 2 hour sessions over consecutive weeks.

Anxiety Management and Relaxation (10 week course)

This course aims to teach practical techniques and strategies to manage anxiety and stress such as relaxation, deep breathing and challenging unhelpful thinking styles. The course is delivered by volunteers with experience of anxiety who attended the course themselves. The course is ideal for people who might benefit from a gentle pace and from the repetition and practice that a longer course provides.

Learning Outcomes:
• Recognise symptoms of anxiety.
• Learn how to manage anxiety responses.
• Understand the benefits of improving wellbeing and practicing relaxation techniques.

Aimed at: Anyone in need of support with managing anxiety, panic attacks, stress and learning to relax.

Course tutors: Coventry & Warwickshire Mind Recovery Academy Staff and Volunteers with experience of anxiety issues.

Duration: Ten, 2 hour sessions over consecutive weeks.

"Brilliant tutor, excellent teaching, adapting to the group."

Feedback from course attendee
This course aims to improve understanding of the signs and symptoms of low mood and depression, its causes and the links between thoughts, emotions, physical symptoms and behaviour.

**Learning Outcomes:**
- Understand what depression is and how it is maintained.
- Understand the link between thoughts, emotional, physical symptoms and behaviour.
- Be able to identify and challenge unhelpful negative thinking.
- To be familiar with coping strategies, which can be used to manage depression.

**Aimed at:** Anybody who wants to understand more about depression and self-management techniques. This could include people experiencing depression, their carers or family and friends.

**Course tutors:** Coventry & Warwickshire Mind Recovery Academy Staff.

**Duration:** Five, 2 hour sessions over consecutive weeks.

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**Understanding Psychosis**

The experience of psychosis, such as hearing voices or experiencing a different sense of reality to other people is surprisingly common. However, if long-lasting or severe it can lead to a diagnosis such as schizophrenia or schizoaffective disorder. Experiencing psychosis and being diagnosed can be a frightening and life changing event. There are lots of myths and prejudices about psychosis that can make coming to terms with this diagnosis even harder.

This introductory workshop aims to help people with their understanding of these issues. We will outline treatment options and explore ways to promote recovery and self-help. We will explore personal experiences of psychosis and identify the ways people have managed their experiences so that they can get on with their lives.

**Learning Outcomes:**
- To develop an understanding of psychosis and its diagnosis; including symptoms and causes.
- Have an overview of medication, treatments and other support available; such as family, friends and GPs.

**Aimed at:** Anybody who wants to understand more about depression and self-management techniques. This could include people experiencing depression, their carers or family and friends.

**Course tutors:** Staff from Coventry & Warwickshire Partnership Trust and Partners from Mary Ann Evans Hospice.

**Duration:** One, 2½ hour session.

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**Bereavement**

Ever wondered “am I grieving right?” This is a common phrase that people say when they have lost someone or something that is close to them. This course looks at how we manage our own experience of Bereavement and how it can leave us feeling very alone and isolated. None of us know how we will react during this time but having an awareness of this may help to begin to make sense of the unpredictability of our emotional responses.

**Learning outcomes:**
- Understand the stages of grief.
- Understand the barriers to recovering from the effects of loss and change.
- Develop coping strategies.

**Aimed at:** Anyone who has experienced loss or change to circumstances in life and wants to learn positive coping strategies.

**Course tutors:** Coventry & Warwickshire Mind Recovery Academy Staff.

**Duration:** One, 2 hour session.

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**Coping with Low Mood & Depression**

This course aims to improve understanding of the signs and symptoms of low mood and depression, its causes and the links between thoughts, emotions, physical symptoms and behaviour.

**Learning Outcomes:**
- Understand what depression is and how it is maintained.
- Understand the link between thoughts, emotional, physical symptoms and behaviour.
- Be able to identify and challenge unhelpful negative thinking.
- To be familiar with coping strategies, which can be used to manage depression.

**Aimed at:** Anybody who wants to understand more about depression and self-management techniques. This could include people experiencing depression, their carers or family and friends.

**Course tutors:** Coventry & Warwickshire Mind Recovery Academy Staff.

**Duration:** Five, 2 hour sessions over consecutive weeks.

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"The tutors delivered this sensitive subject in a really informal way."

Feedback from course attendee
**NEW: Mental Wellbeing in Pregnancy**

Changes during pregnancy are extremely common. This course looks at the normal changes that can take place during pregnancy and the effects this can have on us behaviourally, emotionally, psychologically and physically. We will look at anxiety, low mood and depression and think about how we could be affected during pregnancy.

This introductory workshop aims to help people to gain an understanding of these changes and the potential effects on mental health. We aim to help you to think about what you can do for your own self-care and wellbeing, separate myths and facts and inform you about who else or what else can help to support your maternal mental health.

Learning Outcomes:
- Understand the changes that happen to us when we become pregnant.
- Learn more about anxiety, low mood and depression (during pregnancy).
- Look at some of the myths and facts surrounding pregnancy and birth.
- Who/what can help during pregnancy – information on apps and further support.

Aimed at: Anyone who would like to learn more about mental health and wellbeing during pregnancy.

Course tutors: Clinical Psychologist, Community Psychiatric Nurse and Recovery and Wellbeing Academy staff. This course has been co-created with those who have professional and lived experience.

Duration: One, 2½ hour session.

Quality approved

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**Introduction to Mindfulness**

In this workshop we will introduce you to the concept and benefits of Mindfulness and explain how it can positively impact on your wellbeing. We will also give you a taster of short mindfulness practices to help you to begin your own personal Mindfulness practice.

Learning Outcomes:
- Gain a better understanding of Mindfulness.
- Experience the benefits of using Mindfulness in everyday life.
- Learn simple quick Mindfulness techniques.
- Find out about Mindfulness resources.

Aimed at: The course is aimed at anyone who is looking to find out more about mindfulness and improve their wellbeing through using Mindfulness strategies.

Course tutors: Sue MacPherson (MBCT Trainer and Supervisor) and Dr Jivan Culshaw from CWPT

Duration: One, 3 hour session.

Quality approved

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**Understanding Bipolar**

A person with bipolar disorder can experience a variation of moods from mania (i.e. feelings of euphoria and excitability) to deep depression (i.e. feeling very low/lethargic); with moods able to fluctuate very quickly. For some people, it is also possible to see or hear things that others do not, like hallucinations or have strange, altered beliefs.

Knowledge and understanding is really important in management of Bipolar.

Learning Outcomes:
- Build understanding of common experiences of Bipolar Disorder.
- What can trigger a bipolar episode.
- Treatments of bipolar disorder.
- Learn from shared experiences of others with the diagnosis.
- Begin to look at how to accept and become your own expert in your condition.

Aimed at: Anybody who wants to learn and build their own understanding of Bipolar and ways they can cope and continue to have a meaningful life with Bipolar. This course may also be useful for carers, family or staff.

Course tutors: Staff and peer volunteers from Coventry and Warwickshire Partnership Trust.

Duration: One, 2½ hour session.

Quality approved

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"It's taken things I already knew and given me a different way of thinking."

Feedback from course attendee
Relapse Management: creating a personalised relapse plan to help prevent mental health decline

This course introduces the idea of Relapse prevention planning and supports students to create their own Prevention action plan. Students will begin to recognise patterns of behaviours, thoughts and feelings that may indicate deterioration in mental health and devise a plan to stop further decline. The course may help students to manage their own mental health in a more pro-active way, as opposed to a reactive way. Students will have the opportunity to create their own “wellness toolbox” as an aid to maintaining a good standard of health.

The course requires the full 3 week attendance to be able to create a robust relapse plan. Failure to attend will require students to rebook.

Learning outcomes:
- Understand the purpose of a relapse prevention plan.
- Have a greater understanding of patterns of behaviours, thoughts and feelings.
- Become familiar with using health promoting tools from your “wellness toolbox”.
- Create your own Individualised Relapse prevention plan.

Aimed at: This course could be useful for people who suffer from any type of mental health condition and could also prove very useful for carers and staff. Please note: this course is beneficial to attend when you are experiencing a more stable period of mental health and able to reflect on periods of being unwellness.

Course tutors: Staff and peer volunteers from Coventry and Warwickshire Partnership Trust.

Duration: Three, 2 hour sessions over consecutive weeks.

Suicide Awareness Training
(written by ‘Connecting With People’)

This course aims to promote suicide awareness and equip individuals to respond with compassion to those in need at the right time.

Learning outcomes:
- Learn about how much this affects our lives and our communities.
- Learn skills about how to support someone in need.
- Gain confidence in developing a compassionate approach.
- Be more confident in your role in suicide prevention.

Aimed at: Anyone with a special interest in suicide prevention. Different scenarios are used to tailor the training to participants from different backgrounds.

Course tutors: It Takes Balls To Talk.

Duration: One, 2 hour session.

NEW: Mindful approach to Anxiety and Low Mood

Using a mindful approach you can learn to become aware of what’s happening in the present moment (in your mind, body and surroundings) – without judging anything.

The aim of the course is provide a basic understanding of a mindful approach and introduce some mindful relaxation and how this can help anxiety and low mood.

Learning outcomes:
- Become more self-aware.
- Feel calmer and less stressed.
- Feel more able to choose how to respond to your thoughts and feelings.
- Be kinder towards yourself.
- Better manage anxiety and low mood.

Aimed at: Anyone experiencing anxiety and low mood who is interested in gaining a better understanding of a mindful approach and how to begin to practice it.

Course tutors: Coventry & Warwickshire Mind Academy tutor.

Duration: Three, 2 hour sessions over consecutive weeks.

The effects of Social Media on mental wellbeing

Social media affects society in so many ways, both positive and negative, as we spend increasingly more time online. We live in a culture of edited over-sharing.

This course aims to inform us of the links between social media and mental wellbeing and how it can affect self-esteem, mood, and confidence both positively and negatively.

Learning outcomes:
- To have a greater knowledge of current social media apps.
- To begin to explore the addictive nature of social media.
- To understand what is meant by the term FOMO in relation to social media.
- To look at the link between social media and mental wellbeing.

Aimed at: Anyone with an interest or concern about social media and its usage.

Course tutors: Staff and peer volunteers from Coventry and Warwickshire Partnership NHS Trust.

Duration: One, 2 1/2 hour session.

"Relaxed environment, helpful and informative."

Feedback from course attendee
### Coventry

<table>
<thead>
<tr>
<th>All venue addresses</th>
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<tbody>
<tr>
<td><strong>Coventry Recovery &amp; Wellbeing Academy</strong></td>
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<tr>
<td><strong>Community Hub</strong></td>
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<tr>
<td>Coopers Lodge, 61 St Nicholas Street, Coventry CV1 4BN</td>
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<tr>
<td>t: 024 7622 9988</td>
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<td><strong>Coventry</strong></td>
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<tr>
<td>Arty-Folks</td>
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<tr>
<td>1st Floor, Eaton House, 1 Eaton Road, Coventry CV1 2FJ</td>
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<tr>
<td><strong>Coventry</strong></td>
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<tr>
<td>Change, Grow, live (cgl)</td>
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<td>1A Lamb Street, Coventry CV1 4AE</td>
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<td><strong>Coventry</strong></td>
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<td>Brandon Marsh Nature Reserve, Brandon Lane, Coventry CV3 3GW</td>
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<td>Central Library, Smithford Way, Coventry CV1 1FY</td>
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<td><strong>North Warwickshire</strong></td>
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<td><strong>Atherstone</strong></td>
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<td>Ratcliffe Centre, Ratcliffe Road, Atherstone CV9 1LF</td>
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<td><strong>Bedworth</strong></td>
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<td>Bedworth Methodist Church, Mill Street, Bedworth, Warwickshire CV12 8JZ</td>
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<td><strong>Coleshill</strong></td>
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<tr>
<td>Coleshill Town Hall, High street, Coleshill, Warwickshire, B46 3BG</td>
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<td><strong>Nuneaton</strong></td>
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<tr>
<td>Veterans Contact Point, Armed Forces Centre, 31 Bentley Road, Nuneaton CV11 5LR</td>
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<td><strong>South Warwickshire</strong></td>
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<td><strong>Kenilworth</strong></td>
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<td>Kenilworth Library, Smalley Place, Kenilworth CV8 1QG</td>
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<tr>
<td><strong>Leamington Spa</strong></td>
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<tr>
<td>The SYDNI Centre, 24 Cottage Square, Off Marloes Walk, Sydenham CV31 1PT</td>
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<tr>
<td><strong>Leamington Spa</strong></td>
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<tr>
<td>Outdoor classroom, Foundry Wood, 66 Princess Drive, Leamington Spa CV31 6AF</td>
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<td><strong>Leamington Spa</strong></td>
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<tr>
<td>Change, Grow, Live (cgl), 16 Court Street, Leamington Spa CV31 2BB</td>
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<td><strong>Leamington Spa</strong></td>
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<tr>
<td>Springfield Mind, 2 Southborough Terrace, Brunswick Street, Leamington Spa, CV31 2DT</td>
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| **Rugby**                                                                           |
| Rugby Wellbeing Hub, 28 Cromwell Road, Rugby CV22 5LY                               |
| **Rugby**                                                                           |
| Overslade Community Centre, Buchanan Road, Overslade Estate, Rugby CV22 6AY         |
| **Rugby**                                                                           |
| Change, Grow, Live (cgl), 26 Albert Street, Rugby CV21                               |
| **Rugby**                                                                           |
| Rugby Library, Little Elborow St, Rugby CV21 3BZ                                   |
| **South Warwickshire**                                                             |
| **Stratford**                                                                       |
| Stratford Wellbeing Hub, 48 Cygnet Court, Timothy’s Bridge Road, Stratford-upon-Avon CV37 9NW |
| **Warwick**                                                                        |
| The Gap Community Centre, 39 Oakwood Grove, Warwick CV34 5TD                       |
| **Warwick**                                                                        |
| St Nicholas Park Leisure Centre, Banbury Road, Warwick CV34 4QY                     |
We aim to bring together all the great organisations and courses available in the region to improve people’s mental health and wellbeing. We are really pleased to have the following partners creating our Academy.

We welcome anyone to get in touch who feels they can add to what we are building.