

Come and join us



Sunderland Recovery College, offers a range of free recovery focused educational courses for people with lived mental health experience, their friends and family

## JANUARY 2022 FREE COURSES AND RESOURCES

The Recovery College building remains closed to students but this hasn't stopped us from working hard behind the scenes to offer support through online platforms and offering advice and guidance over the phone.

### Education

Information helps us to figure out what will work for us and the steps we need to take on our own behalf. We can do this by:-

- Involving ourselves with the Recovery College and joining support groups
- Reviewing educational resources (articles, books, newsletters, useful websites etc)
- Talking to other people who have similar experiences

In the words of Mahatma Gandhi:-

*"Live as if you were to die tomorrow. Learn as if you were to live forever"*

Remember.....to learn all you can about yourself.



**EDUCATION** – Our courses aim to improve the understanding and experiences of day to day living and help contribute to the wellbeing and recovery of all our students. Courses can be directly related to mental health or can have more of a social/skills-based focus.

**RECOVERY AND WELLBEING** – We aim to enable students to maximise their wellbeing through developing courses with a mental health recovery focus. These courses are produced using the expertise of mental health professionals. We aim to help students to make informed choices regarding their recovery and to become experts in their own self-management. Some courses have a more social and skills-based focus, enabling recovery through the benefits of social interaction, achieving new skills and goals and focusing on lifestyle and cultural influencers of recovery.

**CO-PRODUCTION** – All our courses are co-produced and delivered by someone who has lived experience of mental health in either a personal or caring capacity. In addition, our courses are produced by professionals within that field, ensuring that all the courses are providing accurate and current information.

**DEVELOPMENT OF STUDENTS** – We aim to support students to reach their goals, increase their sense of achievement and fully recognise their potential. We encourage students to fully participate in the ‘journey’ that the college offers. We encourage students to become volunteers, assist in the provision or development of their own courses and/or help them with steps towards employment or wider education opportunities within the community.

**STUDENT AND CARER INVOLVEMENT** – We believe in shared decision making and shared development as key principles of operating the College and widening its potential in the Sunderland community. An operational group meets on a monthly basis with our partner organisations to discuss how we can move the College forward. Student and mental health service user representation attend these meetings to ensure the student voice is heard.

**Live online** classes are synchronous events organised in a **live** virtual meeting room where students and facilitators meet together to communicate through voice, video, whiteboard.

**Live online** classes require students and facilitators to be **online** at the same time. Invites to the courses and groups will be sent out after you enrol but we will explain this at enrolment.

**All face to face courses advertised in this flyer are subject to change due to the ever changing circumstances we are experiencing in the Coronavirus Pandemic.**

**To enrol on any course please contact 07500551869/ 07717851268 or email [kim.dobson@sunderlandcareandsupport.co.uk](mailto:kim.dobson@sunderlandcareandsupport.co.uk) or [viva.valentine@sunderlandcareandsupport.co.uk](mailto:viva.valentine@sunderlandcareandsupport.co.uk)**

## Spirituality Group



There is a lot of myths or misunderstandings about the word Spirituality and what it means.

Firstly, its not a religious concept for some, religion may play a part in their spirituality, but not for others. Secondly, its nothing to do with ghosts or spirits, or anything supernatural!

The most common definition of the word spirituality is basically “the deepest values and meanings by which people live.”

So with that in mind we created a course that explores each of our personal values and what means the most to us in life.

We then look at how these things can be impacted (or taken away from us) through life illnesses or difficult life events and by understanding this, we become more able to repair or take back those aspects of our lives, and begin celebrating ourselves as unique individuals.

**Fulwell Community Resource centre, Fulwell Road, Sunderland, SR69QW**

**Starting Thursday 27<sup>th</sup> January**

**10.00am – 12.00pm.**

**To enrol contact 07500551869 / 07717851268**

**[viva.valentine@sunderlandcareandsupport.co.uk](mailto:viva.valentine@sunderlandcareandsupport.co.uk)**

**Houghton Methodist Church, Houghton-Le-Spring**

**Starting Tuesday 18<sup>th</sup> January**

**1.00-3.00pm**

**To enrol contact 07500551869/ 07717851268**



# Courses and Support

pingpositive



**Delivered by Imagine Table Tennis Club** - during the programme you will learn all the basic skills necessary to enjoy a great game of table tennis... keeping active, socialising, developing hand-eye coordination, develop core skills, improve balance as well as just having an enjoyable time. Table tennis is great for fitness, and each session will consist of a warm-up, some off the table activities, on the table activities and table tennis drills and fun games.



The Beacon of Light Stadium Way, Monkwearmouth, Sunderland SR5 1SN

Starting the Thursday 27<sup>th</sup> January

This course is made up of 8 sessions, 27<sup>th</sup> Jan, 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> of Feb and 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> of March.

1.30-2.30pm

**To enrol contact 07500551869 / 07717851268**

## Psychological Trauma Group

A psycho-educational group about the theory behind psychological trauma which aims to increase your understanding of how trauma affects the brain, body and behaviours, leading to reduce isolation or feelings of alienation.

We will engage in group discussions and share strategies that may help you manage and understand the symptoms of psychological trauma such as anxiety, anger, depression and low self esteem.

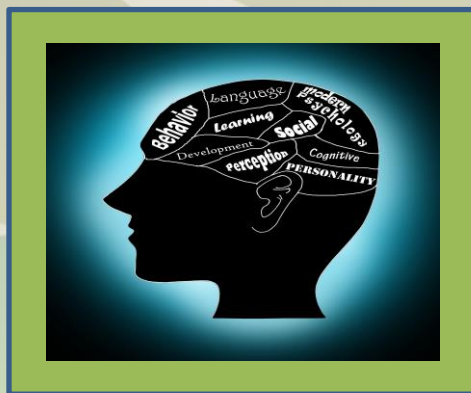
**Fulwell Community Resource Centre, Fulwell Road, Sunderland, SR69QW**

**Starting Monday 24<sup>th</sup> January**

**10.00am – 12.00.**

**To enrol contact 07500551869 / 07717851268**

**[viva.valentine@sunderlandcareandsupport.co.uk](mailto:viva.valentine@sunderlandcareandsupport.co.uk)**



## Trauma Sensitive Yoga



Student Feedback  
"The relaxation techniques and being able to just let go of my stresses and worries."

**Sally Roach**

Yoga, Mindfulness, Compassion & Resilience Teaching & Training

### Trauma Sensitive Yoga

Cultivating safety in the mind and body and regulating our nervous system for resilience.

In these sessions you will Learn about the role of the nervous system in anxiety, PTSD, depression, chronic fatigue & chronic illness.

Exploring skills to increase our capacity to deal with the challenges of life.

Each session will involve learning and embodying the ideas with mindful Yoga practice. There will be time for sharing our experience, held in a supportive space.

You can choose whether to stand or sit at any point, letting the movement suit your body.

**Fulwell Community Resource Centre, Fulwell Road, Sunderland, SR69QW**

**Starting Thursday 10<sup>th</sup> February, then 17<sup>th</sup>, and 3<sup>rd</sup> 10<sup>th</sup> March.**

**10.30am-12noon**

**To enrol contact 07500551869/ 07717851268**

"Sally is a great inspiration"

Student Feedback  
"The whole course was helpful and well structured".

Student Feedback  
"This was self-evaluation from a different perspective, many tools to help me in the future"



## WRAP – Wellness Recovery Action Plan



Hello my name is Joanne Cowen. I am a Peer Supporter with experience of mental health difficulties. This course is based around building a Wellness Recovery Action Plan (WRAP) and will help you to identify your wellness toolkit for recovery. The course involves a number of short, fun and engaging activities which we hope will encourage you to think about who you are and how you interact with others whilst gaining the tools to complete your own WRAP. We aim for everyone to finish the course with an understanding of your own personal journey of recovery and what it means to you, whilst having fun along the way!

### **WRAP: A Guide**

WRAP is a tried and tested way to aid your recovery and make your life the way YOU want it to be. WRAP is unique to you and can therefore be in any format you choose. Most WRAPs include wellness tools and things to do on a daily basis to maintain your wellness. They also include triggers and signs that things are not going well for you right now, followed by details of how you might be able to respond positively to these signs. WRAPs can also contain crisis plans to let others know how they can best support you during really difficult times.

WRAP was first developed by a group of people who had been dealing with difficult feelings and behaviours for years. It helped them and it can help you.

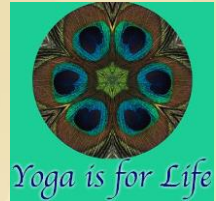


**Fulwell Community Resource Centre, Fulwell Road, Sunderland, SR69QW**

**Starting Monday 7<sup>th</sup> March  
1.00-3.00  
Then every Monday for 3 weeks.**

**To enrol contact 07717851268  
or 0700551869**

"I shared things I wouldn't normally talk about, made friends and had fun!"



## Trauma-Sensitive Mindfulness : a 6 Week Course

### ***Sally Roach***

Yoga, Mindfulness, Compassion & Resilience Teaching & Training in partnership with Sunderland Recovery College

Mindfulness is great for our mental well-being but when we are affected by stress and trauma it can be hard to pay attention to the mind and body. We might struggle with it and think it's not for us. It might be that there's a piece missing?

It's good to have regulation before Mindfulness.

So we will take a gradual approach, beginning each session with regulation skills to create safety in the mind and body as a foundation for our training in Mindfulness. Some of the regulation skills will bring in play and curiosity. You might learn some fun techniques to try at home, to maybe share with your family members.

In the second part of each session, we will be exploring the skillset of Mindfulness for wellbeing. It will include informal practices to incorporate into daily life. You will also be given notes about the content and audios of short practices to use at home, to perk up your day or help you sleep at night.

**Fulwell Community Resource Centre, Fulwell Road, Sunderland, SR69QW**

**Introductory Session Thursday 27<sup>th</sup> January 1.00-3.00pm**

**Then each Thursday, 10<sup>th</sup>, 17<sup>th</sup> Feb, 3<sup>rd</sup>, 10<sup>th</sup>, 24<sup>th</sup>, and 31<sup>st</sup> March.**

**1.00-3.00pm**

**To enrol contact 07500551869/ 07717851268**



## Living with Psychosis

If you are currently experiencing - or have experienced - psychosis and hallucinations, then this course is for you. In a safe and confidential group, we shall share our experiences and their impact upon our lives.

Over four weeks we'll be discussing areas such as stigma, coping strategies, helpful /unhelpful thinking styles and what we need to do to stay well.

**Fulwell Community Resource Centre, Fulwell Road  
Sunderland, SR69QW**

**These sessions will run every Friday for 4 weeks**

**Starting 25<sup>th</sup> March**

**1.00-2.00pm**

**To enrol contact 07500551869/ 07717851268**

## Exploring Poetry

In this course we will be exploring some of the greatest poetry of all time, which we hope will be a mind-expanding, and therapeutic exercise.

No previous knowledge is assumed: people who have never read a poem in their life are equally as welcome as more experienced readers.

After studying six major poets we will look at poetry specifically about mental health, concluding with the chance for you to write your own poem.

**Fulwell Community Resource Centre, Fulwell Road  
Sunderland, SR69QW**

**Starting 21<sup>th</sup> January**

**1.00-2.30pm**

**These sessions will run every Friday for 9 weeks.**

**To enrol contact 07500551869 / 07717851268**



## Healthy Cooking on a Budget in Partnership with WEA

A healthy, well-balanced diet can help us think clearly and feel more alert. It can also improve concentration and attention span.

Eating well doesn't have to tug on your purse strings

Explore cheap meal ideas and get loads of inspiration on how to make tasty food on a budget.

Eating a nutritious diet helps you keep a healthy body weight and a healthy heart. It also helps reduce your risk of developing some chronic diseases.

You will receive support in a group setting to cook a healthy meal each week that you can eat when ready or take home with you.

**Houghton Methodist Church, Houghton-Le-Spring**

**This course runs for 10 weeks**

**Starting Tuesday 18<sup>th</sup> January**

**1.00-3.00pm**

**To enrol contact 07500551869/ 07717851268**



## Creative Sewing in Partnership with WEA

**Sewing is mindful.**

Engaging in a mindful activity like sewing can help us pay attention to our thoughts and feelings, which can improve our mental health.

“It gives you an outlet to focus energy, but can also give you an enormous sense of accomplishment, which is a great way to support your mental health.”

**Houghton Methodist Church, Houghton-Le-Spring**

**This course will run for 10 weeks**

**Starting Tuesday 18<sup>th</sup> January**

**1.00-3.00pm**

**To enrol contact 07500551869/ 07717851268 or email**



## Fabric Crafts in Partnership with WEA

Hands-on activities are an inspired way to strengthen your mental health. You don't need lots of money, fancy equipment, or a particular area of skill to tap into the many benefits of a creative hobby.

Whether you'd like to lower stress levels, express creativity, ease symptoms of depression, or simply improve your mood, crafting can be an enjoyable way to promote positive thoughts, behaviours and emotions.

**Washington Millennium Centre, The Oval, Washington NE37 2QD**

**This course will run for 10 weeks**

**Starting Tuesday 18<sup>th</sup> January**

**1.00-3.00pm**

**To enrol contact 07500551869/ 07717851268**



## Drama in Partnership with WEA

Drama uses action to facilitate creativity, imagination, learning, insight and growth.

How does drama benefit your Mental Health and Well-being. ... Drama has been scientifically proven to help combat depression, overcome anxiety and it even helps with emotional release.

It can also help to boost confidence and make you feel more resilient and engaged.

Come and join us this course will be relaxed and fun.

**Washington Millennium Centre, The Oval, Washington NE37 2QD**

**This course will run for 10 weeks**

**Starting Friday 21<sup>st</sup> January**

**1.00-3.00pm**

**To enrol contact 07500551869/ 07717851268**



## Craft Along in Partnership with WEA

Hands-on activities are an inspired way to strengthen your mental health. You don't need lots of money, fancy equipment, or a particular area of skill to tap into the many benefits of a creative hobby.

Whether you'd like to lower stress levels, express creativity, ease symptoms of depression, or simply improve your mood, crafting can be an enjoyable way to promote positive thoughts, behaviours and emotions.

**Fulwell Community Resource Centre, Fulwell Road, Sunderland, SR69QW**

**Starting Wednesday 19th January**

**12.30-2.30**

**To enrol contact 07500551869 / 07717851268**

## Intro into Maths in Partnership with WEA

Improve your functional maths skills for work and life. ...

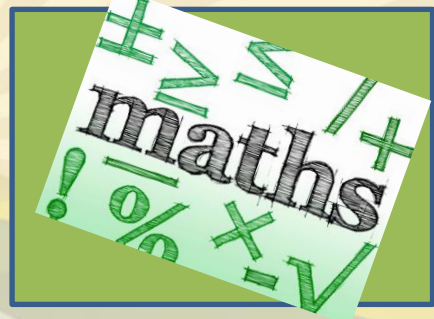
**Fulwell Community Resource Centre, Fulwell Road**

**Sunderland, SR69QW**

**Starting Tuesday 18<sup>th</sup> January**

**1.00-3.00pm**

**To enrol contact 07500551869 / 07717851268**



## Brush up on your English in Partnership with WEA

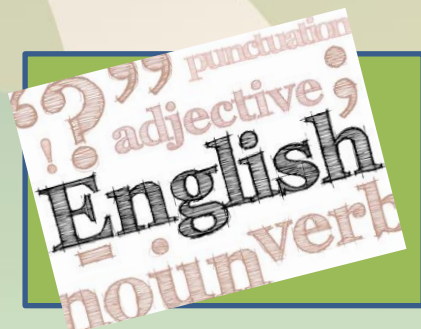
Brush up on your English

**Fulwell Community Resource Centre, Fulwell Road,  
Sunderland, SR69QW**

**Starting Thursday 20<sup>th</sup> January**

**1.00-3.00pm**

**To enrol contact 07500551869 / 07717851268**





### Music Appreciation Group

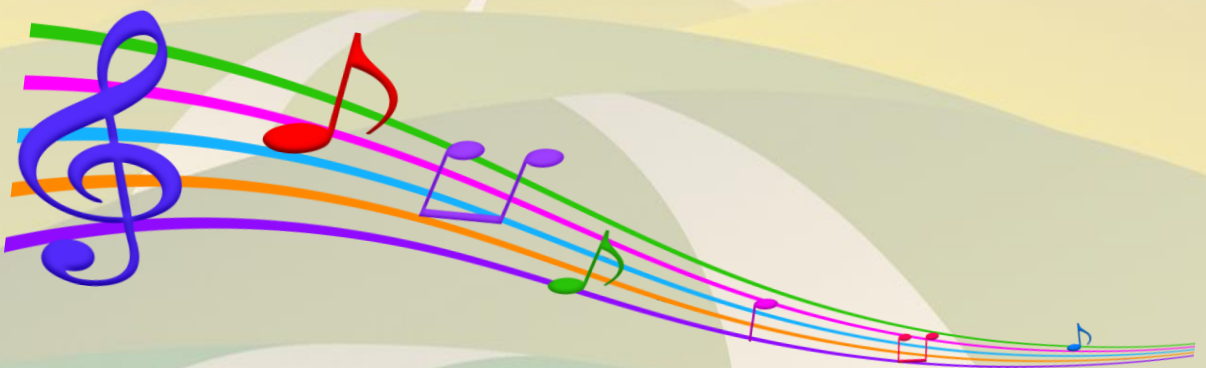
Music can be an effective way of improving our mood, it can affect our emotions , motivate or comfort us as well as giving us pleasure.

The music sharing group is similar to a book club, but the topic will be music , people can discuss albums, songs and concerts they have been to. Bring along your CDs and we can play the songs whilst discussing the music.

Bring your vinyl to show us your early tastes in music, as well as appreciating the art work on the sleeve.

Members can choose a topic to discuss each week.

There will also be a music quiz.



**Fulwell Community Resource Centre, Fulwell Road,  
Sunderland, SR69QW  
Starting Tuesday 25<sup>th</sup> January  
10.00-12.00  
To enrol contact 07500551869 / 07717851268**

## Courses and Support



Do you want hands on experience with leopard geckos, a bearded dragon, a royal python and inverts?

Reptile Recovery is a mental health approach to reptile keeping. Are you aware of the mental health benefits of reptiles? From holding snakes with a snug, anxious free grip to adorable looking geckos that can cheer you up by just looking at them.

This is a 6 week course starting 24/01/22 till 28/02/22 ran by a 21 year old reptile owner in recovery himself. Austin finds his reptiles help his anxiety and depression so much that he can assure you that you'll at least take something away from this course.

All animals used in the course are safe and tame!



**Fulwell Community Resource Centre, Fulwell Road, Sunderland, SR69QW**

**Starting Monday 24<sup>th</sup> January then each Monday x 5weeks**

**1.00pm – 2.30pm**

**To enrol contact 07500551869 / 07717851268**



## Emotional Resilience

This course will give you the opportunity to understand emotional resilience and how this can impact on your life, promoting emotional resilience in self and others and assisting in identifying unhelpful thinking behaviours.

You will have opportunity to practice developing techniques and skills in challenging unhelpful thinking and behaviours to build resilience.

Group exercise and discussion will provide us with a safe and encouraging environment where we can learn from each other and build healthy supportive relationships..

**Washington Millennium Centre,  
The Oval, Washington NE37 2QD  
Wednesday 26<sup>th</sup> January  
1.00-3.00pm**

**To enrol contact 07500551869/  
07717851268**

*Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good.*

*Elizabeth Edwards*

## Courses and Support



*Lynda Harkus, Founder*  
The Positive Living  
Company NE



## Havening

Control Stress, Reduce anxiety , Feel happier

Havening is a new relaxing psycho-sensory technique ( based on neuroscience) that can be used to help calm the mind and relax the body.

It is a very simple technique that can be self administered using the hands.

How does it work?

Havening touch technique triggers the brain to release electrochemicals which then flood the body with delta waves that quickly help to calm the mind and body. Once the mind is in a calm state Havening can then also be used to build back emotional resilience so that you feel you are in stronger place and better able to cope with daily life challenges

This 6 week programme will focus on how Havening can reduce general stress anxiety and depression:

Programme will cover:

Explain how Havening works

Demonstrate how to self administer the Havening technique

Practical work - each week participants get the opportunity to work as a whole group / pairs / individually. They will practice the technique and work on issues they want to resolve

Each session participant would leave feeling overall calm and relaxed

**Fulwell Community Resource Centre, Fulwell  
Road, Sunderland, SR69QW**

**Starting Friday the 28<sup>th</sup> January**

**11.00-12.00pm**

**To enrol contact 07500551869/ 07717851268**



## Information Sharing and Social Group

Come and join us for a cuppa, a chat and all the latest news.



Socialising not only staves off feelings of loneliness, but it also helps sharpen memory and cognitive skills, increases your sense of happiness and well-being, and may even help you live longer.

In-person is best, but connecting via technology also works you can do this by joining our online social groups.

Simply going out for a coffee or chatting to a friend can reduce the symptoms of depression experienced by people with mental health problems  
Building social networks and participating in social activities are like exercises for your brain because they keep your mind agile and improve cognitive function

**Come and join us**

**New Springs Centre, 130 Fulwell Rd, Sunderland SR6 9QR  
Every Thursday 11.30am – 1.30pm**

**Mautland St, Houghton le Spring DH4 4BH  
Every Tuesday 1.00-3.00pm**

**These are not drop in sessions and you will be required to register for these sessions.**

**For more information or to register contact on 07717851268 or 07500551869**

## Recovery College Choir

Come and join us

Every Monday 11.00-12.00

The New Springs Centre, 130 Fulwell Rd, Sunderland SR6 9QR



### How Group Singing can help promote mental well-being

**Positive feelings:** Singing has been shown to be a joyful and uplifting experience. It generates a sense of positive mood, happiness and enjoyment. Such positive feelings also counteract feelings of stress or anxiety and help to distract you from internal negative thoughts and feelings.

**Expectation and hope:** Enjoyable activities such as singing with others are things you will look forward to each week. They can become highlights of the week and positive memories remain alive for hours and days afterwards. Where an activity involves working towards a goal such as a performance, there are enhanced expectations of rewarding outcomes.

**Self-belief:** A change of identity can occur for people with mental health issues by participating in group singing, from thinking of themselves as choir members. This can raise a sense of self-esteem and confidence and performance events can bring a sense of social recognition and status. Performances help to reduce stigma and labelling by others.

**Abilities and skills:** Confidence is brought about by the ability to repeat previously learned tasks or skills (including social skills), with a high degree of accuracy. Successful skills might also help to improve success in new, related skills, when tried for the first time. Learning new songs or harmonising parts of songs, can help concentration and focus, and stimulate learning and memory. Concentration can also provide a distraction from other concerns, leading to respite from them.

**Social support and networking:** Singing in a group offers the opportunity to build social capital, encourage social inclusion and raised status of the members, and creates an opportunity for communities to come together.

**Organisation and structure:** Structure is something that is easily lost when your not well. People can feel adrift and disconnected. Having the purpose and goal of attending a weekly group can be motivating and create an anchor upon which other weekly activities might build.

To enrol contact **07500551869/ 07717851268**



## Journaling for Beginners – with Steve

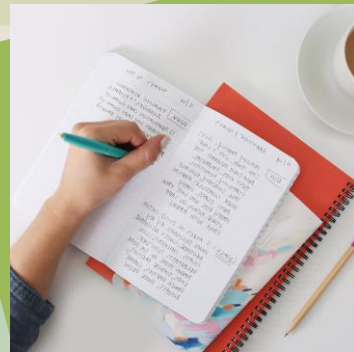
Hello, my name is Steve Watts and I am delighted to be offering this journaling course for Sunderland Recovery College students. Following the Introduction to Journaling course in the summer of 2021 one College student wrote *'my journal is like having my best friend by my side 24/7.'*

If you would like to know more about the courses before signing up then contact Kim Dobson at the email address below and I will respond to you.

The course will be delivered at Hope Street Xchange on Hind Street in Sunderland SR1 3QD. Numbers are limited so it is essential that you register if you wish to attend the course. There is also free parking available, but it must be booked in advance if you wish to park at Hope Street. You will need to let me know, via Kim, if you wish to book a parking space with your car registration number. It is a course which runs for six weeks and you are encouraged to attend all sessions, if possible, to gain the maximum benefit from the course.

*'This morning I was thinking about what you said yesterday about going on a journey and being ready for when we come out of Lockdown. It made me think that I must get my life organised ... If it wasn't for this journaling course I would never have even thought about it.'*

Sunderland Recovery College student March 2021



**Starting Thursday 27<sup>th</sup> January**

**1.30-2.30pm**

**Hope Street Xchange on Hind Street in Sunderland SR1 3QD.**

**To enrol contact 07500551869/ 07717851268**

# Courses and Support

## Healthy Body Healthy Brain with Chris

Hi my name is Chris Colclough and I have taught Biology for over 40 years.



More recently, whilst working at the University of Sunderland in the Biomedical Sciences department, I was diagnosed with bipolar disorder.

I had suffered from regular bouts of depression for 35 years, but this was still a surprise.

I was referred to the Recovery College in 2016 and found great benefit at a time when even leaving the house was difficult for me.

After two years as a student my depression and anxiety had reduced significantly, and I had gained enough confidence to become a volunteer and lead a course myself.

This course is accessible to new students but is also a follow on from last term. It is an opportunity for students to find out a bit more about what our organs do. We will explore structure, function and health. Knowing how your body works has a key role to play in reducing anxiety and promoting good mental health. Activities will be fun and hands on. We will look at organs from the butchers but this is **optional**. The course will be sensitive to individual needs and no prior knowledge is expected. You can decide how involved you want to get, just listen or share ideas and ask questions.

•**Topics may include:** Bones, muscles and joints, the liver, pancreas and diabetes, defence against disease, the kidneys and organ transplant.

**Fulwell Community Resource Centre,  
Fulwell Road, Sunderland, SR69QW  
Starting the 25<sup>th</sup> January  
10.00am-12.00  
This is an 8 week course.**

**To enrol contact 07500551869/  
07717851268**



## Work Life Balance

Before you give up on your work life balance dream, get clear around the reasons why work life balance is important.

Because understanding why work life balance is important isn't just nice to know, but necessary for creating a balanced life.

And the need for work life balance is more important than ever. Especially given the unpredictable, often under-pressure workplace environment and the added blurring of lines between work and personal because of the need to work from home more often due to COVID.

The human brain isn't meant to feel stressed-out and under pressure all the time. Creating more balance in your life gives you breathing space to think, which allows your subconscious thoughts to bubble up to the surface.

That will help you to better understand your feelings, know your thoughts, and actually deal with them (instead of allowing them to stay pent up within, ready to blow up at the most inopportune moment).

But here's the thing: if you want to have a more balanced life then it's important to understand what balance even is. Because most people get it wrong.

Come and join us to explore work life balance.

You do not have to be in work to enrol on this course as the course will support you to look at ways to develop work life balance if you hope to be employed in the future or you would like to become a volunteer.

**Fulwell Community Resource Centre, Fulwell Road, Sunderland, SR69QW**

**Starting Friday 4th February then each Friday for 6 weeks.**

**10.30– 12.00pm**

**To enrol contact 07500551869/ 07717851268**





*Lynda Harkus,*  
*Founder*  
The Positive Living  
Company NE

## **Post Covid: Rediscover Your Purpose (rebuild Emotional Resilience) 6 weeks Course**

In times of uncertainty and upheaval we may feel lost and disconnected – a perfect time to stand back, observe and consider what action to take.

This positive action course encourages you to take a deep dive into 5 key areas of your life, to investigate and analyse certain unresolved issues. It then provides you with various tool/techniques to help you resolve issues, feel happier and rebuild your emotional resilience. The course also helps you to re-discover your life purpose.

The course is made up of an Introductory session followed by the 5 key life area sessions

In each area, you'll be asked to investigate, consider / think what action you can take to resolve the issues and improve that area so building up emotional resilience and confidence.

### **The 5 key areas of life:**

Physical Wellbeing

Mental Wellbeing

Relationships

Financial wellbeing

Purpose in the world / Where you fit in

At the end of the course, you will hope to feel happier with your life, more confident, grounded, know your purpose and clarity of vision to go forward and flourish in new times ahead

Enjoy!



This is a 6-week programme please follow the link below to access the online course;

[Rediscover Your Purpose Course \(Build back your emotional resilience\)!  
\(thinkific.com\)](http://thinkific.com)

## Mindfulness for Anxiety

Mindfulness really is quite simple. I like to use another word for it. That word is Awareness. Awareness is something we all already have. It is not something we need to add on or go looking for. It is not something we lack or are deficient in.

If you stop and check for just a few moments, you can immediately prove to yourself that you are aware.

Take a moment and choose something to look at. Just look at it for a few seconds. (You could look at it while counting to three).

### **Can you see that by just looking at it you are aware of it?**

It isn't like you must do anything really!

The awareness is already present.

Even without deliberately looking, we are seeing all the time.

Seeing just happens.

Awareness of the visual field just happens.

To learn more about Mindfulness visit our website at

<https://www.sunderlandrecoverycollege.com/resources/mindfulness>

Or try our Free Mindfulness for Anxiety course at

[Mindfulness for Anxiety \(thinkific.com\)](http://www.thinkific.com)



## Journaling for Mental Health Course

Being locked down presents many challenges, but it also offers opportunities. One such opportunity is the time to start a journal.

Some people like to complete their gratitude journals in the morning, whilst others prefer to complete them at the end of the day. Such journals do not need to be lengthy pages of writing, but instead just a few bullet points completed each day which over time change our mindsets because the focus on what we are grateful for increases our awareness and positivity.

Believing that journaling is important, we looked at other ways to share the course and came up with the idea of an on-line course that you can study in your own time at your own pace. We are delighted to offer this course to you now ...

To learn more about Journaling visit:

<https://www.sunderlandrecoverycollege.com/resources/journaling>

You can start our new course here:

<https://sunderlandrecoverycollege.thinkific.com/courses/journaling>



## Living with Psychosis

It's important to remember that you are suffering from an illness that can be treated just like any other. You don't choose to be psychotic any more than people choose or want any other types of ill health. Opening up a dialogue can help lessen stigma. And by talking about psychosis we become less isolated and alone in our struggle, and we can focus more clearly on our recovery.

## What is Psychosis?

"Psychosis is when people perceive or interpret events differently from other people. This could include experiencing hallucinations, delusions or flight of ideas". (Mind)  
This is a good working definition provided by the mental health charity Mind. Let's explore it in a little more detail.

To learn more about living with Psychosis visit:

<https://www.sunderlandrecoverycollege.com/resources/living-with-psychosis>



## Natural Science Courses with Chris

### Course 1: How plants work

We know that growing plants has been linked to relaxation and reducing anxiety which can both contribute to good mental health.

This course is designed to help you to understand more about plants and how to grow them successfully.

### Course 2: “Have you ever wondered?”

To relax and reduce my anxiety I love to do activities that give me a bit of a challenge and focus my mind. The activities in this course do just that and if you have an interest in science I think you will enjoy them. As you will see, some of them are designed for children and they will enjoy doing them with you. Some of the activities come from other courses that I have led at the college such as “Health body healthy brain”.

### Course 3: “Know Your Organs”

Understanding how our organs function and how to do our best to keep them healthy can help to reduce anxiety and improve our wellbeing. This course is designed to help you to understand more about the human body and fitness.

### Course 4: “Know Your Genes”

This short course covers information to answer questions you might have asked about your genes and how they work as units of inheritance. How we inherit characteristics from our parents and how this can impact on our health is now well understood.

To enrol on one of the above courses please visit;

<https://www.sunderlandrecoverycollege.com/resources/natural-science>



### Anxiety

It is important to remember that anxiety is something which we all experience from time to time.

### Depression

We can all feel depressed at times, and depression is a very common problem.

To learn more visit:

<https://www.sunderlandrecoverycollege.com/resources/anxiety-depression>

## Exploring Poetry

When we look at and talk about poetry all we are really doing is exploring.

This is not like, for instance, mathematics where there is only one right answer.

Poetry is about personal interpretation, what the poem says to you. Readers can differ greatly in their interpretations, and sometimes even experts disagree about what a particular poem means.

I have suffered from mental illness for many years, and I have always found poetry helpful and therapeutic.

A little bit like music, poetry can nudge your mind into a different zone, it can lift your spirits and provoke thought.

Indeed, a poem you enjoy often delights you or makes you think about something in a new way.

I hope that the poetry you encounter here is helpful for you too, whatever stage you are at with your personal recovery.

To learn more visit:

[Exploring poetry \(sunderlandrecoverycollege.com\)](http://sunderlandrecoverycollege.com)

## Discovering Our Senses

Being aware of our senses helps us to CONNECT and NOTICE the world around us. We CONNECT with ourselves; our inner selves and become more self-aware, with others and with the outer world, nature.

We NOTICE in a newer way.

We appreciate and connect with nature, its peacefulness, calm and joy.

So, our senses are that of sight, sound, smell, touch and taste. Being more attentive to our senses also helps us be more present – in the moment. Awareness of our senses gives us a richness from moment to moment.

Being out in the natural world brings a great opportunity to explore this. Seeing the world through fresh eyes, almost like those of children, can be a good way to do this. This can lead to a sense of 'aliveness'; of sensing things in a new and more enriching way.

“Don't forget to stop and smell the roses.”

To learn more visit:

[Discovering Our Senses \(sunderlandrecoverycollege.com\)](http://sunderlandrecoverycollege.com)



# WEA Sessions in Partnership with Sunderland Recovery College



## **WEA Taster sessions**

Sunderland Recovery College is delighted to partner with the WEA to bring you courses to enhance positive mental health.

The WEA is the UK's largest voluntary sector provider of adult education in England and Wales, bringing high-quality, professional education into the heart of communities.

## **Life Coaching**

Michelle L Baharie talks about Ego States and how blocking ourselves from living in these states can bring about a serenity or peace.

## **Alleviating Stress, Tension and Anxiety**

Margaret Mordue tells us a little bit about the WEA and then guides us through a relaxation to alleviate stress, tension and anxiety.

## **Doodle Art**

Doodle Art will help promote a sense of calm in these uncertain times and bring a feeling of health and well-being.

To find out more visit;

<https://www.sunderlandrecoverycollege.com/resources/wea-partnership>

## **Budgeting and Finance**

### **Why is it important to manage your money well?**

Managing income helps you understand how much money you'll need for monthly expenditures and savings. Careful budgeting will help you keep more of your hard earned cash.

It will help you enjoy a better quality of life, Improved Health, Improved relationships

And promote good general health.

To learn more visit;

[Budgeting \(sunderlandrecoverycollege.com\)](https://www.sunderlandrecoverycollege.com)

## **WRAP (wellness Recovery Action Planning)**

WRAP is a tried and tested way to aid your recovery and make your life the way YOU want it to be. WRAP is unique to you and can therefore be in any format you choose. Most WRAPs include wellness tools and things to do on a daily basis to maintain your wellness. They also include triggers and signs that things are not going well for you right now, followed by details of how you might be able to respond positively to these signs. WRAPs can also contain crisis plans to let others know how they can best support you during really difficult times.

To learn more visit;

<https://www.sunderlandrecoverycollege.com/resources/wrap>

## **Recovery Stories**

If you're in recovery, you're in a unique position to speak to others traveling down the same road you've been down. You have a story to tell — and it has the potential to provide great hope to those who hear it.

It's both an individual story of your personal journey from mental health difficulties to recovery and a communal story that relates to the greater whole of humanity. And in telling your story you are not only helping others, but you will also find that you help yourself.

To find out more visit;

<https://www.sunderlandrecoverycollege.com/resources/recovery-stories>

## **Sleep Awareness**

Sleep and mental health are closely connected. Lack of sleep affects your psychological state and mental health. And those with mental health problems are more likely to suffer with insomnia or other sleep disorders.

To learn more visit;

<https://www.sunderlandrecoverycollege.com/resources/sleep>

## **Prayer**

Prayer is often thought of as putting two hands together and repeating a certain script such as The Lord's Prayer. Whilst prayer can involve doing this, it can also mean other things too. And it is even possible to pray without believing in a God at all.

To find out more visit;

<https://www.sunderlandrecoverycollege.com/resources/prayer>



## **Time Management**

There are many who can time manage really well, they have their life in a perfect balance of what they need to and what they enjoy doing. For others though this doesn't come as easy, and it can cause stress and anxiety.

Without a structure to managing your time, you may find yourself spending too much time, thinking and planning how to spend time. This can become a vicious cycle that may build up to wasting time.

To hear more from Melanie and learn more about time management visit:

<https://www.sunderlandrecoverycollege.com/resources/time-management>

## **Stress Management**

Stress can create both physical and mental difficulties. Physical includes headaches, muscle strain – aches and pains, which if left untreated can possibly lead to heart attacks and strokes. Mental includes anxiety, depression and panic attacks.

The way to both physical and mental wellbeing, and the reduction of stress is to find ways to relax. Having time out for me isn't selfish but necessary and vital if we are to function well and give out to others.

To hear more from Melanie and learn more about stress management visit:

<https://www.sunderlandrecoverycollege.com/resources/stress-management>

## **Living with Bipolar**

Bipolar is an illness in which there are extreme changes in mood, ranging from highs (elation or mania) to lows (depression).

Bipolar disorder is also sometimes called manic depression, bipolar affective disorder or bipolar mood disorder.

Everyone has times in their life when they feel very happy (such as when you are about to go on holiday) or very sad (such as when a loved one dies).

But it is when the mood changes become extreme or unusual, that a person may have Bipolar Disorder. This can range from being extremely elated (known as mania or hypomania), to being very low (depression).

To hear more from Melanie and learn more about Living with Bipolar visit:

<https://www.sunderlandrecoverycollege.com/resources/living-with-bi-polar>



## An Introduction to Complementary Therapies

Complementary therapies are health-related therapies that aid mainstream medical care. They are thought to increase wellbeing, aid relaxation, and promote good mental health. You can use complementary therapies for different mental health needs and symptoms.

This awareness course is designed to widen your knowledge of some complimentary therapies out there.

In these on line sessions you will learn more about;

Aromatherapy

Colour Therapy

Bach Flower Remedies

Mood Boosting

I hope you enjoy your exploration of these great ways of staying strong and resilient in difficult times.

To hear more from Melanie and learn more about these Complementary Therapies visit:

<https://www.sunderlandrecoverycollege.com/resources/holisitc-health>

## Capcitar

The name "Capacitar" means to awaken, to encourage, to bring each other to life.

Capacitar consists of a series of body-based practices that empower people to use their inner wisdom to heal and transform themselves and build peace in their families and communities.

Capacitar practices (i.e., Acupressure, Tai Chi, Pal Dan Gum, Fingerholds, etc.) come from many ancient cultures and have been well researched for their benefit to body, mind and spirit.

Current medical research also shows the positive health benefits of many of these ancient practices, such as Meditation, Breathwork, and Tai Chi.

Some newer modalities (Emotional Freedom Tapping, Thought Field Therapy and Polarity) have also been included in Capacitar programs because of their effectiveness in supporting mental health.

To learn more visit:

<https://www.sunderlandrecoverycollege.com/resources/capacitar>



The capacity to learn is  
a *gift*; the ability to  
learn is a *skill*; the  
willingness to learn is a  
*choice*.

Brian Herbert