

**FREE COURSES  
FOR EVERYONE 18+  
WHO LIVES OR WORKS  
IN CAMDEN OR ISLINGTON**



**The  
Recovery  
College**

**A Richer Life through Learning**

# **Course Guide**

**April - July 2025**



**Summer term**



**North London**  
NHS Foundation Trust

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## Welcome

Our educational wellbeing courses are free for everyone aged 18+ in Camden and Islington.

We deliver in-person and online courses on recovery and maintaining wellbeing. Our courses run in three terms throughout the year - January to March (Spring term), April to July (Summer term) and September to December (Autumn term).

All our courses are co-produced learning experiences which promote our core values:

to inspire **HOPE** for living well and making positive changes despite life challenges

to create **OPPORTUNITY** for students to find purpose and meaning, and to form positive relationships

to help our students gain **CONTROL** by empowering you to make your own decisions and teaching you self-care tools

Most of our courses are in-person, with a few live online courses using Microsoft Teams, and some course videos available on YouTube.

***'I call the Recovery College courses my 'anchor' - they give me understanding and practical advice'***

*C&I Recovery College Student, Spring 2022*



## Our values

Since early 2023, the Recovery College team has been looking at the values that are important to us, working with Trust colleagues and Jaya Härtlelin (Play of Now).

Some of you may have joined our Creative Collaboration event in October 2023 where, with our students, tutors and partners, we explored co-created values through mark-making, movement, writing and discussion. We worked again with Jaya, and with a graphic designer, Debbie Roberts (Engage Visually), to capture ideas from this event and create images that reflect our values.

Everyone who attended the event was asked for their thoughts on the draft images, and then the College team worked together to come up with a final brief for Debbie.

It has now been 10 years since the College was established, and we believe these values and images are an honest reflection of our evolving journey with you, our students.



# Our learning environment

## Our tutors

Our peer and professional tutors work together as equal partners to co-design and co-deliver courses.

Peer tutors have lived experience of mental health or long-term health challenges and/or being a carer, and can relate their experiences to topics of recovery and wellbeing.

Professional tutors have health or mental health training and work experience in supporting people on their recovery journeys, as well as a teaching qualification or experience of delivering training.

Many of us have both lived and professional experience and we value these experiences equally.

## Our students

Our students' knowledge and skills are just as valuable as those of our tutors.

Everyone in our courses brings their own expertise. This is co-production.

***‘Really helpful and informative’***

*C&I Recovery College Student, Autumn 2024*

## Frequently asked questions

### **Where is the College located?**

Unfortunately, we do not currently have a College base that you can visit. All our courses run in accessible community venues in Camden and Islington.

### **Who can attend courses?**

Everyone aged 18+ who lives/works/volunteers/receives services or is a carer in either Camden or Islington can enrol on any of our courses. You do not need to be referred.

All North London Foundation Trust staff can enrol on courses.

**Please be aware that all our in-person courses take place in Camden or Islington.**

Preference is given to Camden & Islington students, so if you do not work for NLFT and live in Barnet, Enfield or Haringey, you will be placed on a waiting list and we will let you know closer to the course date if you are enrolled.

### **What type of courses do you offer?**

We run free co-produced educational wellbeing courses on a variety of topics - both in person and online via Microsoft Teams. We also have course videos. Some courses run over several weeks, others for one day or several hours.

### **How do I enrol?**

You can either come to a drop in enrolment session (dates and times on our webpage) OR go to

<https://northlondonmentalhealth.nhs.uk/recoverycollege>

Click on **How to enrol** and complete the registration form.

### **How many courses can I choose?**

You can enrol on THREE (3) courses per term.

## Frequently asked questions

### **What if I don't know which courses to choose?**

Ask for a Learning Guidance Conversation (LGC) when you enrol, choose Yes on the online form or tick the box if enrolling in person and our Peer Learning Coach will call you to discuss courses you might like to attend. See page 10 for more information.

### **Can I attend a course I have already attended?**

If you have already completed all sessions of a course in a previous term, on enrolment you will be added to the waiting list for that course. We will also call you for an LGC to explore why you wish to repeat the course.

### **How will you let me know about my enrolment?**

You will receive joining instructions by email. Please check your junk folder if you do not see our email. If you enrol before term starts on 22 April, please only contact us if you have not heard from us by 18 April. You will receive SMS and email reminders just before your course starts and before every session.

### **How many students will be in a class?**

We enrol up to 20 students on each course.

### **What is the minimum number of students?**

We can only run a course if at least four (4) students are in attendance 30 minutes after an in-person course is due to start, or three (3) students after 5 minutes for online courses. This is due to the impact of very low numbers on group dynamics and effective co-production in our courses.



## Frequently asked questions

### **When would you cancel a course/session?**

We cancel a course if (at least) six (6) students are not enrolled two (2) days before the course starts. Also see above for minimum numbers of students on the day. Unexpected tutor absence may also result in cancellation. We always schedule backup tutors to reduce the risk of this happening.

### **What if the course I want is full?**

We operate a waiting list for all courses that are fully booked. If you enrol when no places are available, we will add you to the waiting list. If there are cancellations, waiting list students will be given places in order of enrolment.

### **Punctuality**

We value our students' and tutors' time, so please make sure you know in advance how to get to the venue and plan to arrive at your in-person course up to fifteen (15) minutes before the course is due to start.

We recommend that for online courses you join the online link up to fifteen (15) minutes before the course start time.

### **Is there anything else I need to know before I enrol?**

You must agree to the Student Charter and Code of Conduct before you can submit your enrolment.

There is a link to this document in the registration form. It can also be found in the 'Useful information and resources' section of our webpage.

## Learning guidance conversations (LGC)

### **Do you need support choosing a course, or help with a learning goal?**

We offer all students a 30-minute telephone conversation with our Peer Learning Coach (maximum of 2 calls per student per term) to support your recovery journey and learning goals.

We will talk about:

- the courses we offer
- setting learning goals
- other useful services and resources in Camden & Islington
- self-care and coping skills

If you would like a call, please tick the LGC box on the Recovery College registration form or contact the Recovery College by email or telephone.

Once we receive your request, our Peer Learning Coach will call you to arrange your Learning Guidance Conversation telephone support.

LGC telephone support is only available during term time

# Student induction

We invite all our students to attend a short (30-minute) online induction session to introduce you to how Recovery College courses work. This will be especially valuable to you if you have not attended our courses before but is open to all students.

In this session you will learn about our ethos of co-production and recovery and take part in a course taster session to get a feel for how we work together with our students in an interactive way.

You'll also learn about:

- The three Recovery College principles and how they influence everything we do
- How we co-produce courses with our NLFT NHS and community partners
- Our tutors
- What it's like to attend a Recovery College course
- Learning guidance conversations

When you enrol, we will sign you up for the next available induction session and email you the details.

***'It's been an energising experience'***

*C&I Recovery College Student, Autumn 2024*

## Look after yourself

Recovery College courses teach you self-care tools which will help you navigate and be in control of your own recovery journey.

***Recovery College courses are not therapy sessions and are not a substitute for therapy or clinical services.***

If you need to talk to someone urgently, please contact the Samaritans on **116123** (24 hours), Saneline on **0300 304 7000** (10am-4pm) or Maytree on **020 7263 7070**.


For urgent mental health support contact the Camden & Islington Crisis Single Point of Access Freephone **0800 917 3333**. This number is answered 24 hours a day, seven days a week.

After any of our courses, you can have a supportive telephone conversation with one of the tutors or our Peer Learning Coach. Just let us know if you would like us to arrange this for you.


***'The tutors are kind and compassionate, and allowed me to participate in a way that felt safe and comfortable'***

*C&I Recovery College Student, Autumn 2022*

## What our students said about us last term



teaching styles were gentle and complemented each other... [tutors] were obviously speaking from their own experience




I have left the course feeling empowered and truly inspired




free and informative



[improved wellbeing] one hundred percent




[tutors] were both inspiring and embodied everything the course represented



growth, learning, sharing



a safe space to share



This course has given me hope



## Course list - in-person courses

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For course dates see the printed calendar or

<https://www.northlondonmentalhealth.nhs.uk/recoverycollege>

***'encouraging but also challenging'***

## Course list - live online courses (Microsoft Teams)

***When you enrol on any of these courses, we will email you a Microsoft Teams link.***

***Please check your junk folder if you cannot find it.***

Dealing with difficult emotions	40
Dealing with low mood and depression	40
Exploring medication: how can medication support your recovery	41
What is Quality Improvement? * <b>CANCELLED</b>	42
Writing for self-expression	43

\* This course is open to students in Barnet, Enfield and Haringey

For course dates see the printed calendar or  
<https://www.northlondonmentalhealth.nhs.uk/recoverycollege>

***'I think we all felt heard'***

*C&I Recovery College Student, 2024*



## Course list - pre-recorded course videos

***When you enrol on any of these courses you will be emailed a YouTube link so you can watch at any time. Please check your junk folder if you cannot find our email.***

Coping with anxiety toolbox	45
Dealing with debt	45
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Food for wellbeing	46
Getting a good night's sleep	47
Green prescription: growing plants for wellbeing	47
Introduction to spirituality and wellness	48
Kundalini yoga	48
Making and enjoying herbal tea mindfully	49
Nurturing self-compassion	49
Understanding anxiety	49

***'The teachers were great and they covered so much ground! The tools sent after are very helpful too'***

*C&I Recovery College Student, 2022*



## Our in-person courses

### **Alone but not lonely** (5 hours)

The benefits of spending time with others are well understood and as a result it can seem like being alone is a poor second choice.

But is being by ourselves always a bad thing - or can it sometimes be beneficial for our mental health?

In this course, we will spend time exploring what it means to be alone and if this always has to feel negative.

You will have an opportunity to discover what level of being alone feels right for you and how to make the most of this precious time.

Through discussion, mindfulness and personal reflection we will learn how to develop a close relationship with ourselves and see how important this relationship can be.

***'I am learning a lot about myself through listening to others sharing their stories, experiences and perspectives'***

*C&I Recovery College Student, 2024*



## Our in-person courses

### **Building healthy relationships** (6 sessions, 2.5 hours)

Healthy relationships are essential to a happy and stable life. People close to us make the hard times more manageable and the good times more meaningful.

However, many of us go through times in our lives when we don't have the types of relationships we'd really like. Maybe our existing relationships aren't working as well as they could. Or maybe we want to meet someone special but don't feel we have the confidence to do so.

Through presentation, discussion and interactive activities this course will help you gain confidence to build healthy relationships.

In this course, we will look at:

- how we relate to each other, including expectations, boundaries and communication skills
- different ideas and techniques on how to cope with ending relationships and meeting new people
- ways to move forward in the direction that you choose
- self-care, keeping safe and getting the most out of your relationships

We will provide a safe space for you to explore and reflect on your feelings, thoughts and the external circumstances that affect your current relationships or influence building new ones.

***'valuable sharing of personal experiences'***

*C&I Recovery College Student*

## Our in-person courses

### **NEW** Food to improve your mental health

(3 hours)

Unlock the transformative connection between what you eat and how you feel in this inspiring course.

Throughout the course you will explore the connection between food and mood, as well as identify foods and drinks that promote good health and wellbeing.

You'll gain invaluable insights into the importance of a balanced diet, food and drink to improve mental health and learn practical tips and ideas that you can incorporate into your eating habits.

Join us to embrace the possibility of small, yet significant changes in your eating habits which can lead to better mental and physical health!

***'Really respect your journey honesty as facilitators showing us it can be done'***

*C&I Recovery College Student, Summer 2022*

***'Fantastic learning space, empathic and encouraging tutors'***

*C&I Recovery College Student, 2024*

## Our in-person courses

### Unfortunately cancelled for this term

*This course is available as videos, see page 47.*

### Getting a good night's sleep (3 hours)

Sleep is an important part of our health and wellbeing, and quality of sleep is as important as quantity. Not getting enough refreshing sleep can lead to difficulties in our day-to-day lives.

This course is designed to help you if you are currently experiencing problems with your sleep. We will discuss the importance of having a good sleep routine and what stops us getting a good night's sleep. There will be space to talk about what has helped you to improve the quality and quantity of your own sleep and exchange ideas.

By the end of the workshop, you will have a range of ideas to help you get a good night's sleep.

***I can't describe how much it helped...  
warm, supportive, enthusiastic'***

*C&I Recovery College Student, 2024*

## Our in-person courses

### **Green prescription: growing plants for wellbeing**

(4 sessions, 2.5 hours)

In partnership with



Gardening is a source of relaxation, comfort and enjoyment for many people. A connection with plants and the environment can help people on a natural route to wellbeing, improving their quality of life, sense of achievement and community belonging.

On this course, we will explore how gardening can give us something to look forward to and how it helps to build resilience. Through learning practical tips and skills for gardening, we aim to create something new to celebrate in our lives.

Gardening gives us the valuable understanding that life goes on, and that even if it's not how you'd planned, you can still make it work.

This course provides a safe space to take risks and to learn from your efforts. If a plant fails, you find out why and try again. We hope on this course to provide opportunities for our students to connect to your environment and to your community.

*This course is also available as videos, see page 47.*



# Our in-person courses

## How to cope with traumatic events

(5 hours)

Delivered in person for the first time this term, this course will create a safe environment to explore what 'trauma' means to you and the ways 'trauma' affects people's psychological, emotional and physical experiences and social relationships.

We will practice holistic coping strategies, including using our senses, bodies and movement.

We will then look at the positive aspect of post traumatic growth and explore the different support options, clinical and non-clinical, available for you in the community.

**Disclaimer: The course is an educational space and not a therapy or support group.**

**We will not share any graphic details of traumatic events or experiences, psychoanalyse your experience or give you advice. We will simply hold a safe space to allow conversations on trauma and traumatic responses; practice together holistic practices that help us self-manage the effects of trauma.**

***'I learnt so much about myself through  
sharing and hearing what others  
had to say'***

*C&I Recovery College Student, Autumn 2024*

## Our in-person courses

### **How to tell your recovery story** (6 hours)

On this course we aim to inspire you to share your story in a way that supports your personal recovery and wellbeing.

We will look at different approaches to build your confidence to convey your recovery story in a safe and meaningful way.

You will be supported to explore and tell your story and connect to other students in an open, welcoming and inclusive setting where you can learn self-management tools.

### **Introduction to mindfulness** (3 hours)

In this busy world, it is common to spend time worrying about the future and dwelling on the past. Developing the skills of mindfulness can help you to reconnect with yourself.

Practising mindfulness has also been shown to help us cope better with everyday life.

This gentle introductory course aims to create a warm and welcoming environment. We will practise focusing on the present moment in a range of exercises using our senses, movement and breathing.

Everyone is encouraged to share their experiences with the group and we will discuss how we can incorporate mindfulness into our daily lives.

## Our in-person courses

### Making and enjoying herbal tea mindfully

(2.5 hours)

*In partnership with*



**CASTLEHAVEN**  
heart of your community

Herbal teas are a healthy alternative to caffeinated drinks and can help you to relax and unwind.

Come along to this hands-on class and learn how to grow and blend your own herbal teas and drink them in a mindful way, using all your senses.

*This course is also available as a video, see page 49.*

***'I feel like I have struggled in life because I've been trying to build it on rocky foundations. Just today I've learned many new things which helped me to make sense of myself. These new bits of information, along with things learned from other courses, are serving as the underpinning to my foundation. Just like a house that has been underpinned, I feel more solid as a result.'***

## Our in-person courses

### Move into Confidence (6 sessions, 2 hours)

*In partnership with*



Move into confidence is a body-centred, experiential course co-produced with The Place. This six-week course offers opportunities to explore and practice confident living through movement. We will encourage students to remember and rediscover the joys of movement, play and creativity for increased wellbeing, empowerment and agency.

We aim to create a safe space where participants can safely move towards increased self-confidence and wellbeing, through mindful movement & restorative practices, breath and body awareness.

At each session we will practice awareness and gentle movement exercises individually and in small groups, as well as confidence-building exercises, and reflecting in both small and large groups.

Each session will focus on one of the following themes: Awakening, Innocence, Lightness & Joy, Self-compassion, Celebration & Empowerment, Posture for Empowerment.

***'Your work is life and soul saving.  
Looking forward to referring others and  
attending soon'***

*C&I Staff member, Spring 2023*

# Our in-person courses

## Steps into peer role

(3 sessions, 5 hours)

*A collaboration with C&I Peer Coaching service and Single Homeless Project to co-produce specific peer workforce training*

This course is for:

- People who want to learn how to use their lived experience to inspire, motivate and support others with similar experiences.
- People who have overcome challenges relating to their lived experiences.
- People who want to give back to others as part of their own recovery journey
- People who want to progress into peer roles within Camden and Islington

**Before you attend the course we will arrange for you to speak with one of the tutors from the Peer Coaching Service. Students must have attended 'What is peer working' or already have a clear understanding of peer roles.**

Being in a peer role involves providing support to other people who share a common experience. In this course, we continue to explore peer opportunities and the benefits and challenges of peer roles. We will support you to understand your skills, values, strengths and knowledge and how they could support your journey into peer working/volunteering.

Together we will consider working with others including fostering empathy and taking a non-judgemental approach. There will be a discussion on self-care and self-respect and safe and core practices which are vital in peer roles. We will also support you to consider your next steps into peer opportunities and your future development.

# Our in-person courses

## Steps into peer role

*(continued)*

The course will include creative activities, group discussions and a degree of sharing your own experiences.

### Day 1

You will have the opportunity to explore and discuss your own lived experience and what you have gained that can help you and others in promoting recovery.

### Day 2

You will learn how to navigate different types of relationships that you may encounter in peer opportunities. Such as working with other professionals, advocating for clients and working in groups and teams.

### Day 3

You will learn how to keep yourself, your clients and colleagues safe in your role as a peer worker or volunteer.

**NB Before you attend the course we will arrange for you to speak with one of the tutors from the Peer Coaching Service. Students must have attended 'What is peer working' or already have a clear understanding of peer roles.**



## Our in-person courses

### Thinking differently: identifying and living well with neurodivergence **women only**

(4 hours)

This course is for women who are neurodivergent (ND) or wondering if they are, and will explore what it means for women to be neurodivergent.

Neurodivergent (ND) is an umbrella term for people who experience, interact with and think about the world around them in a different way to the majority of people, to the extent that it impacts on their daily lives.

Some ND people will have diagnoses of autism, ADHD, dyslexia or others, while many won't have or even want a diagnosis.

We will aim to debunk myths about neurodivergence, share access to resources and self-care tools, and provide a space to consider the benefits, drawbacks and challenges to accessing a diagnosis.

Students will be able to share personal experiences as well as ask questions.

***'well thought through,  
and compassionately offered'***

*C&I Recovery College Student, Autumn 2021*

## Our in-person courses

### **Train the tutor:**

### **Co-production training for NLFT NHS staff**

(3 sessions, 6 hours)

This course has been designed to provide essential skills and knowledge for NLFT staff wishing to become Recovery College Tutors.

In Week 1, we will explore what co-production is and discuss how it is incorporated into Recovery College ethos and values.

Week 2 aims to develop the skills, knowledge and abilities that you need to be an effective tutor.

In Week 3, you will deliver a co-produced 5-minute presentation in pairs and share your feedback with the group.

The knowledge and practical skills you gain on the course will be assessed by an observation of your final delivered teaching session, on which you will receive formal feedback. Passing the course will help you move towards becoming a tutor at the Recovery College.

To enrol on this course, please submit an online enrolment form. We will contact you for further information and then arrange an interview with a manager or senior tutor to identify your relevant areas of expertise and suitability for the course.

Following this interview we will process your enrolment.



## Our in-person courses

### Tree of life

(5 hours)

The Tree of life' uses the metaphor of a tree to explore the strengths and resources we use throughout our life's journey.

Each part of the tree indicates a part of our story; the roots signify where we have come from, the trunk represents our values and strengths, the branches are our hopes and dreams, the leaves are significant people in our lives and the fruit and flowers represent gifts we have given to and received from others.

We hope that having the time to reflect on and discuss these different parts of your life story will help you identify people and experiences you value.

It may also make you notice strengths and talents you may have previously overlooked. This course can be a space to think about the directions in which you would like your life to move.

***'empowering and inspiring.... the bravery of other students, and tutors sharing their own lived experience... gives me courage'***

*C&I Recovery College Student, Spring-Summer 2024*

***'I found this course truly inspirational as well as being very grounding'***

*C&I Recovery College Student, Autumn 2021*

### UNFORTUNATELY CANCELLED THIS TERM

#### **Understanding anger: management and resolution** (4 sessions, 3 hours)

This course aims to help you develop a deeper understanding of anger, where it comes from and how it can help us rather than control us.

We will explore situations where anger might arise and then introduce and practise using a variety of self-awareness and self-management tools and resources to help you choose to respond to anger in new ways.

Students must be willing and ready to engage and commit to full participation in this exciting journey.

In this spirit, it is required that all students for this course have a telephone conversation with one of the tutors before the course starts.

We will contact you to arrange this telephone call after you enrol.

***'The facilitators were very insightful, professional, warm and shared their experience in a way that nurtured self-reflection'***

*C&I Recovery College Student, Autumn 2021*

## Our in-person courses

### Understanding anxiety (3 hours)

It is natural to feel anxious when we are worried or afraid about things that are about to happen, or which we think could happen in the future.

Anxiety is meant to put us on alert so we are ready to deal with possible threats. It may affect our thoughts, our feelings or we may feel it in our body.

This session is an introduction to understanding more about the experience of anxiety.

We will look at where anxiety comes from, what purpose it serves and how it can affect us.

We will discuss what causes us to feel anxious, how we feel when we are in a state of anxiety and ways to manage these feelings.

***The teachers are amazing -  
enthusiastic about the subject, welcoming,  
friendly and kind to everyone, and their  
teaching style is simple, effective and  
inclusive'***

*C&I Recovery College Student, Spring 2022*

## Our live online courses

### What is peer working? (6 hours)



*A collaboration with C&I Peer Coaching service and Single Homeless Project to co-produce specific peer workforce training*

*This course is a pre-requisite for Steps into Peer Role (page xxx).*

Being in a peer role involves providing support to other people who share a common experience. In attending this course, we hope that you will gain a clear understanding of the ways in which your life experiences can be used to inspire and motivate others in their recovery. You will learn about different pathways into peer opportunities and the experience you could gain.

During the course you will have the opportunity to hear from current peer workers and peer volunteers. We will provide a space to be inspired by their journeys and discover the benefits and challenges of their roles. The course will include reflecting upon your own strengths and skills, and where you are in your own journey and recovery.

You will have the chance to discover how peer opportunities could benefit your self-development and empower you and others to make positive changes.

You can explore peer roles to see if this is something for you!

***'The balance of activities, guidance, group/ pair work and breaks was perfect for me'***

*C&I Recovery College Student, Spring 2021*

## Our live online courses

### With nature in mind

(6 sessions, 2.5 hours)

*In partnership with*



St Ethelburga's  
*Centre for Reconciliation and Peace*

'With nature in mind' brings mindfulness and nature together in a programme offering you a chance to slow down and feel in greater harmony with the natural rhythms of life.

Spending time in nature is a powerful and proven way to:

- Reduce stress
- Improve mood
- Ease anxiety and depression
- Increase focus, memory and creativity
- Improve energy and boost sleep

Each session will offer you mindful practices to calm the mind and step into a more peaceful way of being - practices that can be done at anytime, anywhere.

Sessions will explore:

- Contact with nature through the senses
- The beauty and awe present in the natural world
- Compassion for ourselves, for others, and nature
- Our emotional connection to nature
- Finding meaning in nature
- We will close with a session that supports you to take practices forward into your everyday life

*(continued on next page)*

## Our live online courses

### **With nature in mind** (continued)

This course is for anyone who would like to spend time outside with others, to find a greater sense of wellbeing and, compassion and appreciation for life.

The course takes place outside in Waterlow Park.

We welcome refugees and asylum seekers for whom St Ethelburga's Centre can cover travel costs.

Contact 07752 198 739 for further information.

**Important: The first session is mandatory, and you cannot join the course if you miss this session.**

***'I connected with nature for the first time in [a] way I have never done before and it was an amazing feeling'***

***'When I learned about [the] daisy flower, I also learned that I can be sad and joyful at the same time, I just need to keep the balance'***

*'With nature in mind' students, 2024*





## **Our live online courses**

### **Dealing with difficult emotions**

(3 sessions, 1.5 hours)

This course looks at how we can take care of ourselves and manage our difficult emotions during challenging times.

Over three sessions we will explore Awareness as key to managing our emotions.

We will also identify tools and practical ways of supporting our wellness and wellbeing

### **Dealing with low mood and depression**

(2 sessions, 1.5 hours)

Depression or low mood can happen to anyone and affects many people at some time in their lives.

Many different things can cause us to become depressed but what keeps us depressed is how we deal with our experiences. How we think and what we do affects the way we feel.

On this course you will learn about the common feelings and thinking patterns experienced in depression.

We will look at the impact depression can have on our lives and explore different coping strategies.



### Exploring medication: how can medication support your recovery

(2 sessions, 2 hours)

*in collaboration with*



This course aims to widen your understanding of the range of medications available, the way they work and how best to use them.

There is a strong focus on the ways medication might be incorporated into everyday life as one of the strategies to promote recovery.

We hope to empower students to feel confident having collaborative conversations with health practitioners to support your medication decisions.

We will also touch upon other areas that are important for mental health and recovery as well as medication.

***'I found the online course to be accessible -  
the face-to-face would have been  
challenging and I probably would not have  
attended'***

*C&I Recovery College Student, Autumn 2021*

## Our online courses

### UNFORTUNATELY CANCELLED THIS TERM

#### What is Quality Improvement?

Introduction to Quality improvement for service users & carers

(2 sessions, 2 hours)

This is an introductory course for anyone who wishes to learn what the Quality Improvement (QI) approach is. You will learn how to use and apply QI tools to test ideas for change to improve services and we will share examples of how we use QI in North London Foundation Trust. By being involved in improving services you'll directly inspire hope for those using the services.

By attending this course you'll gain:

- new knowledge, skills, understanding of the methods and tools used in Quality Improvement.
- an opportunity to be involved in improving services
- an understanding of co-production and co-design in improving services

Come along and be part of the improvement.

*Students from Barnet, Enfield and Haringey are welcome to enrol on this course.*



***'the atmosphere was friendly and felt safe'***

*C&I Recovery College Student, Summer 2022*

## Our pre-recorded video courses

### Writing for self-expression (4 sessions, 1.5 hours)

*In partnership with*



Royal Literary Fund

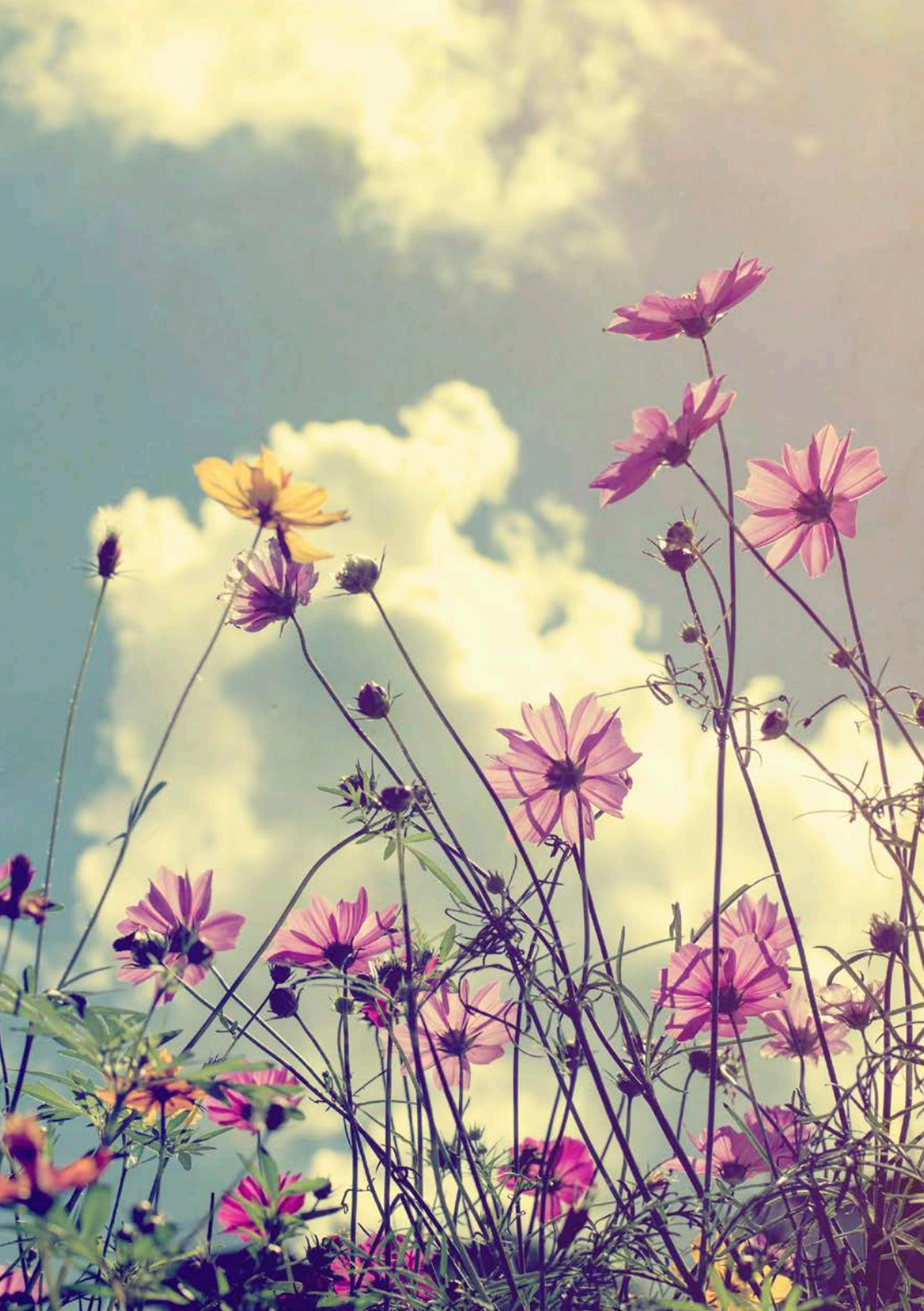
Self-expression through writing helps a person to think about their experiences and put their thoughts and feelings into words.

This course will offer you an opportunity to reflect and write in a safe, friendly and confidential atmosphere that fosters personal awareness and wellbeing.

It doesn't matter whether or not you're used to writing, the exercises and conversation will help you to write about your life and experiences; from a few lines to a story, from a list to a poem.

At each session, one of the tutors (a professional writer) will read aloud a short piece of published writing (poetry or prose) and invite you to talk about how the words impact on you.

Short writing prompts and exercises will then be offered to help you write about your own experiences, thoughts and feelings.



# Our pre-recorded video courses

## Coping with anxiety toolbox (6 sessions)

Anxiety is a normal part of everyday life but becomes a problem when it is frequent, overwhelming and stops us doing the things we'd like to be able to do. We can all develop skills to manage our anxiety by learning and practising different coping techniques. In these videos we will introduce some of the techniques we can use to help us manage our anxiety.

This series of six pre-recorded videos covers the following topics:

- Distraction
- Self-soothing
- Self-care
- Breathing
- Grounding
- Acceptance

## Dealing with debt

*In partnership with Quaker Social Action*



When debt becomes a problem it can create difficult feelings and have a negative impact on our mental health. We may feel too stressed to deal effectively with our debt, which can make the situation worse.

In this video, we'll talk about what to do and what not to do if you are in debt and explain the difference between priority and non-priority debts. We'll suggest practical ways of dealing with debt and the pros and cons of disclosing a mental health condition to creditors. We will also provide details of organisations that can help.

# Our pre-recorded video courses

## **Exercise to feel good** (2 sessions)



*In partnership with Camden Active*

This course offers the opportunity to explore how to build activity into your daily life and explore the connection between exercise and mental and physical wellbeing.

Students will have the chance to explore online resources for exercise, as well as learning how to incorporate physical activity into your daily life without any IT or exercise equipment

- using things you would find at home.

All students should be willing to engage in physical activity, working at their own level and pace. Dress comfortably for physical activity.

## **Food for wellbeing**

Several research studies suggest that what we eat and drink affects not only our physical health, but how we think, feel and behave - our mental and emotional wellbeing.

During this course we will look at food habits that promote good health and wellbeing. We will also look at how to identify the difference between physical hunger, and the patterns we fall into which use food to cope with our emotions. This course is an opportunity to find out more about mindful eating and its benefits in daily life.

These simple yet powerful approaches to food could support you to make small, meaningful changes to your eating habits and choose foods that are known to nourish our bodies and boost our mental and emotional wellbeing.

## Our pre-recorded video courses

### **Getting a good night's sleep** (2 sessions)

We all want to enjoy good sleep and quality of sleep is as important as quantity.

These course videos are designed to help you if you are currently experiencing problems with your sleep. We will look at the importance of having a sleep routine, some of the issues that can stop us having good sleep and share tips to help you sleep better.

*Also available as an in-person course - see page 23.*

### **Green prescription: growing plants for wellbeing**

(2 sessions)

*In partnership with Castlehaven Community Association*



Gardening is a source of relaxation, comfort and enjoyment for many people. It can give us a valuable sense of continuity, and the realisation that no matter what, life goes on. Even if things are not the way we would have planned them, we can still make things work.

These videos will explore how growing plants at home can give us something to look forward to and how it can help to build resilience. By learning practical gardening tips and skills, we aim to help you to develop creativity, and reduce stress and anxiety during periods of social isolation.

Session one: Learn how to care for houseplants

Session two: Learn how to grow your own vegetables & herbs

*Also available as an in-person course - see page 24.*



# Our pre-recorded video courses

## Introduction to spirituality and wellness

We can move closer to an experience of wellness by regularly spending moments doing something that fulfils us and gives us a sense of wellbeing, joy, satisfaction and connection.

This course aims to facilitate a deeper sense of wellbeing through a variety of practices which show 'spirituality' is accessible to anyone and unique to each person. By simply doing something that gives us joy and peace we may connect more deeply with ourselves, with others and nature.

In this course we seek to demonstrate and practise heightening our awareness and generating peace, joy and fulfilment in spite of our external circumstances and personal challenges.

## Kundalini yoga (3 sessions)

*In partnership with Guru Ram Das Project*



This course is an introduction to Kundalini Yoga, also called the Yoga of Awareness. Practising yoga regularly can alleviate stress, increase calm and emotional balance, improve vitality and strengthen resilience. You don't have to be flexible or strong and you don't need any prior experience.

Expect a gentle mix of breathwork, movement, sacred sound and meditation. We will work on chairs throughout, though will also demonstrate how exercises could be done on a yoga mat.



## Our pre-recorded video courses

### **Making and enjoying herbal tea mindfully**

*In partnership with Castlehaven Community Association*



Herbal teas are a healthy drink and can help us relax and unwind. In this session you will learn how herbs and herbal teas can support our wellbeing and how to enjoy a cup of herbal tea mindfully.

*Also available as an in-person course - see page 27.*

### **Nurturing self-compassion** (2 sessions)

This course is for everyone who wants to develop a more caring relationship with themselves. It will identify the benefits of being more compassionate and caring to ourselves, especially when life becomes challenging.

We will look at how self-compassion can help you to respond to suffering and stress with kindness, understanding and care, as well as how to integrate brief practices in your daily life.

### **Understanding anxiety** (3 sessions)

What is anxiety? These sessions will help you to understand anxiety better.

In session 1 we will explain where anxiety comes from, what purpose it serves and how it can affect us. In session 2 we will look at the different ways we can experience anxiety and how we feel when we are in an anxious state. In session 3 we will suggest ways to manage these feelings to help us better cope with our anxiety.



## Other important information about our College

*NB these are not courses.*

### **Safeguarding**

Safeguarding includes preventing abuse, minimising risk without taking control away from individuals, and responding appropriately if abuse or neglect has occurred.

All of our courses are subject to North London Foundation Trust's Safeguarding Policy and the New Care Act 2014, and everyone who works at the Recovery College follows this guidance.

We make a group agreement at the beginning of all courses, which is an important part of our safeguarding responsibility.

### **Equality and Diversity**

At all times, we will respect you as an individual and respect your right to be given equal opportunity to succeed regardless of your age, gender, race, religion, disability, or sexual orientation.

### **Data Protection**

The information you have provided will be used to help us achieve your aims and goals whilst enrolled at The Recovery College. All records are treated in strict confidence, kept in a secure environment and only accessed by appropriate staff. We do not share this information with any other individuals or organisations not involved in The Recovery College. You may request any information that we hold on you at any time.

You can opt out of receiving messages from us at any time by emailing us at [nlft.recoverycollege@nhs.net](mailto:nlft.recoverycollege@nhs.net)

# Our mission statement

***We are all students of life.***

***At the C&I Recovery College we believe recovery is a journey of self-discovery and wellbeing.***

***Sharing our journeys and learning tools for self-care together can open a door to new opportunities, and hope.***



Call 020 3317 6904

Email [nlft.recoverycollege@nhs.net](mailto:nlft.recoverycollege@nhs.net)

Web <https://www.northlondonmentalhealth.nhs.uk/recoverycollege>

