



Recovery & Wellbeing **ACADEMY**

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



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Curriculum Titles:

Our curriculum titles echo that of the exciting Dimensions of Health and Wellbeing tool. If you are unsure what courses or areas may benefit you, please complete your own personalised Dimensions tool rating which may help you figure out the most appropriate courses for you.

To create your own personal Dimensions tool report please visit: dimensions.covwarkpt.nhs.uk

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

The Recovery and Wellbeing Academy aims to support Personal Recovery and Wellbeing.

Our Academy is not a School, College or Academy in the traditional sense of the word. You don't need to be academically minded to attend and there are no tests, exams or assessments. The Academy offers a wide range of trauma informed courses and workshops designed to empower your mental health and wellbeing, provided by a number of Partner organisations working together. Courses are delivered face to face and via online group sessions. For a full list of our venues please visit our website.

All Academy courses and workshops are completely free of charge and open to anyone over the age of 18 living in Coventry and Warwickshire who wants to better manage or understand their mental health and wellbeing. Friends, family, staff, and carers are encouraged to attend as we strongly believe in learning together to get the most out of the courses on offer.

Many of our courses are led by a tutor who has direct life experience of recovery and/or a tutor who has specialist professional skills and knowledge in that subject area. Both trainers will support students throughout.

Our courses and workshops are designed with the expectation that many people attending may feel nervous, worried or may have difficulty concentrating. Our courses and workshops are designed to be informal, friendly and enjoyable and are delivered in safe, nurturing environments. If you have further learning needs please let us know at enrolment so we can accommodate your specialist requirements.

"Now I know I'm not alone"

Feedback from course attendee

Do you need support to access the Recovery & Wellbeing Academy for the first time?

We work with a number of organisations across Coventry and Warwickshire who specialise in helping you access our courses. To find out more please call us on. **0300 303 2626** or email us at **Recovery.Academy@covwarkpt.nhs.uk** and we can link you up with the most appropriate organisation in your area. 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 GP
- The Healthy Mind service (Also known as IAPT) on **024 7667 1090** or visit their website **www.healthymindservice.com**
- Central Booking Service (the central hub for local Mental Health support) on **0300 200 0011**



How do I enrol?

- The quickest and easiest way to enrol is via online registration, visit: recoveryandwellbeing.co.uk/
 - Alternatively you can contact our enrolment hub who will support you in the best way to enrol
- ✉ : Recovery.Academy@covwarkpt.nhs.uk | ☎ 0300 303 2626



Not Sure what courses to go on to best meet your needs?

Our course categories mirror that of the exciting Dimensions of Health and Wellbeing, which is a free online tool providing self-care information to support people in Coventry and Warwickshire's health and wellbeing. If you are unsure which courses or areas may benefit you, please use the Dimensions tool to create your own well-being report. This may help you decide which courses are good for you. Please visit: dimensions.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 people in accessing further support.

We also ask students to be mindful of the need to keep yourself safe and only share what you are comfortable with. Comments within the group remain confidential and are not to be shared with others outside the group – but remember we cannot enforce this, therefore you are responsible for what is shared.

Expectations of Everyone

- To treat everyone with respect and kindness.
- Respect confidentiality of all students, tutors and volunteers.
- Turn up on time.
- To be sober and not under the influence of illegal substances on the day.

Key Symbols Co-production:

We believe in bringing together people with varying experience, including lived, life and training experience to create and deliver our workshops and courses.

This is called co-production.

We believe bringing these areas of expertise together creates the best learning experience. You will find some of these symbols next to the courses and workshops in this prospectus.



Co-created

Courses are created by experts by training and people with lived and life experience



Co-delivered

Courses are delivered by experts by training and people with lived and life experience



Quality approved

Courses are quality approved following positive feedback and evaluation from people who have attended the courses. All new courses will be in the process of gaining the Quality approved mark.

"Non-judgemental, helpful, encouraging tutors; Practical tools for self-help; Opportunity to share and to listen to the stories of others"

Feedback from course attendee

Key Symbols Learning Delivery

The Recovery and Wellbeing Academy are now delivering Face to face and via online group sessions. To find out how workshops are delivered please look out for these symbols next to the course information.



Face to Face delivery in a classroom or outdoors. There are many venues across Coventry & Warwickshire.

To find all our up to date venues please visit the 'Venues' section of our website.



Courses delivered via online group sessions. We prefer that all students have their camera on and interact throughout the session. This way you and all other attendees can get the best out of the session. However, we appreciate some people may find this difficult and so it is not compulsory but is encouraged.

For online courses you will need:

An internet connection and one of the following devices:

- Computer or laptop with camera, microphone and speaker(s); or
- Web enabled smart phone - either iPhone or Android phone is fine.

If your phone is not connected to Wi-Fi and you use 3G/4G to connect, this will come out of your data allowance. We recommend that Wi-Fi is used but if this isn't feasible and you don't have the required data allowance on your phone, this will cost you in accordance with your mobile service provider's terms and conditions.

Privacy and confidentiality are paramount to us all and we ask all students to not take pictures or record the group session.

And lastly, please ensure that the space you use for the online group is private. Everybody contributing to the group should be in full view (i.e. nobody listening in on the side!). This way we all feel safe and comfortable when we are in the session together.

Please note: we will send the online meeting link to you in the early morning on the day of the course session starting.

Introductions



Zoom Introduction

Please join us for a one hour practical introduction to Zoom. You can practice how to use the features that Zoom has to offer, ask questions and hopefully get rid of any anxieties you might have about joining us for online group sessions

Course Tutors: Staff from Coventry and Warwickshire Partnership Trust

Online Course Duration: One, 1 hour session

See online courses requirements on page 6

 Co-created  Co-delivered  Quality approved



Get involved with the Recovery and Wellbeing Academy:

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



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?

What is co-production, or lived and life experience?

And what is the Recovery and Wellbeing Academy and what does it do?

This course aims to inform about all these concepts and begins to introduce and explore support available via the Recovery and Wellbeing Academy.

Learning outcomes:

- To have a greater understanding of what recovery means to each individual.
- To look at co-production and the value of lived and life experience.
- To introduce the Recovery and Wellbeing Academy.

Aimed at: People who have an interest in Mental Health and Wellbeing in relation to recovery.

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

Online Course Duration: One, 1½ hour session.

See online courses requirements on page 6

 Co-created  Co-delivered  Quality approved

Physical Wellbeing



Simple 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, 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 volunteers from Coventry and Warwickshire Partnership Trust.

Course Duration: One, 2 hour session.

See online courses requirements on page 6



Sleep

This session looks at sleep problems; the signs and symptoms that we can experience due to lack of sleep and their effects on us. We will look at what can be done to help improve sleep.

Learning outcomes:

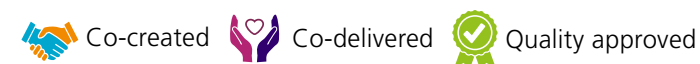
- Understand why sleep matters and the stages of sleep.
- Identify the possible causes of sleep problems.
- Learn 'Good Sleep Habits'.
- Learn when your sleep routine has become a problem and when and who to ask for more help.

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

Course Tutors: Recovery and Wellbeing Academy staff.

Online Course Duration: One, 2 hour session.

See online courses requirements on page 6



Food & Mood

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

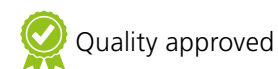
Learning outcomes:

- 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.

Face to Face Course Duration: One, 2 hour session.



Physical Wellbeing



The Menopause and Mental Health

At any one time one third of the female population are currently peri (period leading up to) or menopausal in the UK. Yet this normal part of women's life cycle remains shrouded in stigma and quite often being incorrectly diagnosed with depression.

In this course, our tutor Louise Corbett, will focus on peri and menopausal effects on Mental Health:

- Stages of Menopause
- How Menopause affects the brain
- Mental Health and Menopause
- Case Study
- Group discussion
- Pulling things together - how do we support ourselves?

Learning outcomes:

- What is the Menopause and how it affects our mental health.
- Shared experiences of the Menopause.
- How to support yourself and others during the Menopause.

Aimed At: A female audience aged 18 plus.

Course tutors: Staff from South Warwickshire & Worcestershire Mind

Course Duration: One, 2 hour session.

See online courses requirements on page 6



"So good to realise you're not going through it alone", even if everyone's experience is unique to them."

Feedback from course attendee



The Environment and Me

This eight week course offers the opportunity to relax in a calm, non-judgemental atmosphere at safe woodland sites in Warwickshire. 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.

Transport may be provided to limited venues from Coventry Mind Hub upon request or meet at the Visitor Centre entrance if you can make your own way there (please let us know on enrolment, by contacting Kirsty Hawkes 07587550075).

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.

Please Note: We run a separate 'women only' course called 'The Environment and Me – Women's Woodland Wellbeing'.

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.

Face to Face Course Duration: Eight, 3½ hour sessions over 8 weeks.



Relapse Management: Creating a personalised relapse plan to help manage mental health decline

This course introduces the idea of Relapse Management 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.

Please note: The course requires the full 2 week attendance to be able to create a robust relapse plan. Failure to attend the first session will require students to rebook.

Learning outcomes:

- Understand the purpose of a Relapse Management 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 Management 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 unwell.

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

Face to Face Course Duration: Two, 2½ hour sessions over consecutive weeks.

Co-created Co-delivered Quality approved

Be in your Mate's Corner



Men are three times more likely to take their own lives but less likely than women to report feeling suicidal, making it more difficult to identify and help men at risk. We will look at breaking down the stigma, how to have a conversation with a mate who might be struggling, where to go for support and how to build resilience.

Learning outcomes:

- provide toolkits and strategies for building resilience.
- where to get help and support and how to keep safe.
- provide hope for recovery.

Aimed at: Males who want to support mates, colleagues or loved ones or who have previously struggled with their mental health, stress or being overwhelmed.

Course tutors: Staff from South Warwickshire and Worcestershire Mind.

Face to Face Course Duration: One, 1½ hour session.

See online courses requirements on page 6

Co-created Co-delivered



Substance Use and Mental Health

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.

Included in this course is the family/carer aspect, the impact substance misuse can have on them as they suffer too and how we can support them also in this journey.

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, Grow, Live.

Course Duration: One, 2 hour session.

See online courses requirements on page 6

Co-created Co-delivered Quality approved

It has given me the confidence to seek help. It was a comfortable atmosphere and was nice to engage with people that did not judge."

Feedback from course attendee

Social Media and Wellbeing

Social media has grown so rapidly and we spend increasingly more time online, living in a culture of over-editing and over-sharing. During this session we will look at the impact that social media can have on our wellbeing, self-esteem, mood, and confidence, both positively and negatively; and how we can learn some strategies to better manage our social media usage.

Learning outcomes:

- To begin to explore what social media is and the impact on our every day life and wellbeing.
- Some positive and negative aspects of social media.
- To look at popular apps and new terminology such as catfishing, cyber-bullying, FOMO and its impact.
- Your own dependence upon social media and what can you do to create more balance.

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.

Course Duration: One, 2 hour session.

See online courses requirements on page 6

Co-created Co-delivered Quality approved





Thrive into Work

A 2-hour workshop helping you recognise all the skills, experiences and knowledge that make you unique and how to use them to find a job that's right for you. As trained Mental Health First Aiders and experienced Employment Specialists we're here to help you shine.

Learning Outcomes

- Understanding the 8 principles of Individual Placement Support.
- Organisational values that you consider important when finding the right job for you.
- Understand how a Vocational Profile can support your personal career objectives.
- How to manage those difficult discussions in disclosing health conditions with employers.
- What is "In Work Support"?
- The Importance of setting SMART targets
- Build a toolkit of coping mechanisms to help with feelings of anxiety.
- Optional sign up to the free to access Thrive into Work programme where we will continue your journey towards meaningful employment.

Aimed at people who:

- Have been out of work for more than 4 weeks and want to return to work.
- Have been out of work for less than 4 weeks, e.g. Recent loss of employment, redundancy.
- Are currently in work but your job is in jeopardy due to long-term sick leave.
- Have a diagnosed or self-diagnosed health condition (Physical/Mental) which limits/hinders your ability to access "competitive and meaningful" employment.
- Are registered with a GP in the Coventry/Rugby and the wider Warwickshire region.

Course tutors: Thrive into Work (Coventry and Rugby)

Course Duration: One, 2 hour session.

See online courses requirements on page 6



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:

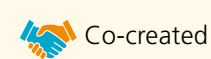
- Recognise your spending habits.
- Understand how to budget your money.
- Fraud prevention.

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

Course Tutors: Coventry Building Society Employees.

Course Duration: One, 2 hour session.

See online courses requirements on page 6



Quality approved



Developing your Individual Employment Pathway

Discover hidden skills that will help you find a job, even if it isn't advertised. Do this through learning to identify how your preferences, strengths and even hobbies can lead you into paid employment.

A person-centred approach will help you to discover unique skills and talents that you may not be aware you have. In addition, get an understanding of good financial health and in-work benefits you may be entitled to.

Be guided through the Equality Act and decide upon your own personal disclosures to employers. And be more effective in marketing yourself to potential employers.

Learning Outcomes

- To be able to identify transferable skills, to enhance your employment options.
- Learn how your employment opportunities are shaped by your likes, interests and preferences.
- Equality Act 2010 and how it relates to your personal information.
- Where to get financial and benefits advice and what are the benefits to work.
- To be able to create a personal action plan into employment.
- Learn to be more effective in the hidden jobs market.

Aimed at: Anyone with diagnosed or undiagnosed mental health difficulties that are looking to find an alternative route into paid employment within the Coventry and Warwickshire area.

Course tutors: Employment Specialist from Rethink IPS employment services.

Course Duration: Two, 2 hours sessions.

See online courses requirements on page 6



Quality approved

Introduction to Employability Rights and Support

This course aims to raise awareness on the rights and support for those with health issues and disabilities in looking for or starting work.

Learning Outcomes:

- Learn about rights under the Equality Act.
- Learn about employers' responsibilities under the Equality Act.
- Learn about additional financial and practical support in looking or starting work.
- Learn about programmes available from DWP to help you look for and get a job.
- Learn about the support available to bust myths and preconceptions in looking for or starting work.
- Learn about information available if you are worried about starting work in Covid times.

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

Course tutors: Partnership Team from Department for Work & Pensions and Coventry & Warwickshire Partnership Trust.

Online Course Duration: One, 1 hour session.

See online courses requirements on page 6



Quality approved

"Learning about all the support you can access and not feeling judged. I learnt new information and got access to new resources."

Feedback from course attendee



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 in-sight 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.
- Become 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 benefit their wellbeing.

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

Course Duration: One, 2 hour session.

See online courses requirements on page 6

Co-created Co-delivered Quality approved

Benefits of Volunteering - Helping others, helping you



Benefits of Volunteering - Helping others, helping you, is an introduction into Volunteering. The session covers what you can expect as a volunteer, what your rights and responsibilities are and why volunteering is good for your mental health and wellbeing, as well as benefiting the community.

Learning Outcomes:

- Understanding what being a volunteer involves.
- Understanding how being a volunteer helps the community.
- Understanding how being a volunteer can help improve mental health and wellbeing.
- How to find the right role for you.

Aimed at: Anyone looking to find coping strategies to improve their mental health and wellbeing.

Course tutors: Tina Wragg and Ellen Alcock from Warwickshire CAVA.

Course Duration: One, 1½ hour session.

See online courses requirements on page 6

Co-created Co-delivered



Understanding Personal Independence Payment

If you have a long term illness or disability – physical and/or mental, and you are aged 16 or over and under state pension age 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 help with your application.
- Learn all about time frames for applications and reviews.

Aimed at: Anyone wanting to find out more about PIP and understand how to apply.

Course tutors: Staff from DWP.

Course Duration: One, 2 hour session.

See online courses requirements on page 6

Quality approved



Peer Support Worker Training

This course aims to raise awareness and understanding of the role of a Peer Support Worker. The two day course looks at ways to utilise your lived and life experience support others who are having similar experiences. The course introduces the concept of Recovery and Co-Production and explains some of the boundaries and responsibilities required as an employee working with people in health services.

Learning outcomes:

- To increase awareness of the roles and responsibilities of a Peer Support Worker.
- Consider some of the skills required, such as listening and communicating effectively.
- To think about how you can work together within the wider multi-disciplinary team.
- To introduce information on key concepts such as Equality and Diversity, Confidentiality, Risk Management and Safeguarding.
- To think about yourselves, how to share stories appropriately, how to manage stress, to consider self-care and why supervision is so important.

Aimed at: Anyone who is currently looking for employment utilising their lived and life experience.

Course tutors: Staff from Coventry and Warwickshire Partnership Trust.

Course Duration: Two full days, 10am to 4pm.

See online courses requirements on page 6

Co-created Co-delivered Quality approved

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.

Face to Face Course Duration: Two, 2 hour sessions.

 Co-created  Co-delivered  Quality approved



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 offer information and support to help people improve their understanding of psychosis and the possible implications on their life. 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.
- To discuss possible treatment options.
- To look at ways to take control of your own recovery.
- To outline support which may be offered.
- Have an overview of medication, treatments and other support available; such as family, friends and GPs.

Aimed at: This course will be useful for people who may be experiencing symptoms of psychosis, have a diagnosis of psychosis, schizophrenia or schizoaffective disorder, who hear voices, have visions, or have beliefs that others think are unusual. It will also be useful for carers and staff.

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

Course Duration: One, 2 ½ hour session.

See online courses requirements on page 6

 Co-created  Co-delivered  Quality approved

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.

Face to Face Duration: Five, 2 hour sessions over consecutive weeks.

Online Course Duration: Five, 1½ hour sessions over consecutive weeks.

See online courses requirements on page 6

 Quality approved



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: Staff from Coventry & Warwickshire Partnership Trust.

Course Duration: One, 4 hour session.

See online courses requirements on page 6

 Co-created  Co-delivered  Quality approved



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 Coventry and Warwickshire Partnership Trust.

Face to Face Course Duration: One, 3 hour session.



Quality approved



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.

Face to Face Duration: One, 2 hour session.

Online Course Duration: One, 1½ hour session.

See online courses requirements on page 6



Quality approved

"I learnt to create small action points to support focus. The importance of small steps and creating achievable goals to avoid being overwhelmed."

Feedback from course attendee

Five Ways to Wellbeing in Nature, in Warwick

This introductory session uses an evidence based approach to maintaining a good standard of mental health and wellbeing in a natural setting. The Five Ways to Wellbeing in Nature, in Warwick helps you to explore your current levels of being able to:

- Connect – With other people and the natural world
- Be active – Exercise
- Take Notice – Being aware of our natural surroundings and change of seasons
- Keep Learning – Craft 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.

Please Note: We will be outdoor for the duration of the 2 hours without a covered shelter, so please dress appropriately for the weather and being outside!

Learning Outcomes:

- Understand how to implement the five ways to wellbeing.
- Introduce you to Wellbeing in Nature at Packmores Community Garden in Warwick.

Aimed at: Any adult 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).

Face to Face Course Duration: One, 2hour session



Co-created



Co-delivered



Quality approved



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 wellbeing. 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 wellbeing.

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 wellbeing during pregnancy.

Course tutors: Perinatal Mental Health team staff and Recovery and Wellbeing Academy staff. This course has been co-created with those who have professional and lived experience.

Course Duration: One, 1 hour session.

See online courses requirements on page 6



Wellbeing after Birth

Changes after the birth of a baby are extremely common. This course looks at the changes that can take place after birth 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 with the arrival of a new baby to care for.

This introductory workshop aims to help people to gain an understanding of these changes and the potential effects on wellbeing. 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 wellbeing.

Learning Outcomes:

- Understand the changes that happen to us after birth and the impact of having a new baby.
- Learn more about anxiety, low mood and depression (after birth).
- Look at some of the myths that we are told as new parents and some wellbeing and self-care ideas.
- Who/what can help after pregnancy – information on apps and further support.

Aimed at: Anyone who would like to learn more about wellbeing after the birth of a baby.

Course tutors: Perinatal Mental Health team staff and Recovery and Wellbeing Academy staff. This course has been co-created with those who have professional and lived experience.

Course Duration: One, 1 hour session.

See online courses requirements on page 6



Coping with Low Mood & Depression

This course aims to improve the participant's 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 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.

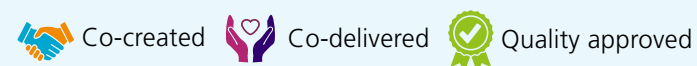
Aimed at: Anybody who wants to understand more about depression and self-management techniques. This could include people experiencing depression, their carers or family and friends.

Course tutors: Coventry & Warwickshire Mind Recovery Academy Staff.

Face to Face Course Duration: Five, 2 hour sessions over consecutive weeks.

Online Course Duration: Four, 1½ hour sessions over consecutive weeks.

See online courses requirements on page 6



"It has helped me use
coping strategies in my life"

Feedback from course attendee

Recognising & Managing Stress and Sustaining Resilience

The workshop is split in two parts; recognising stress in ourselves and then building our resilience. Both teach practical ways to recognise and deal with stress effectively using psychological principles and knowledge.

Learning outcomes:

- The day will help you to recognise stress and how it impacts on your body and mind.
- Learn simple ways to manage the effects of stress and evaluate the impact stress has on your life.
- Build your resilience to help you to be better equipped for those times when stress is an inevitable part of your life.

Aimed at: Anyone who would like to begin to start making positive changes in their lives around managing stress and increasing resilience.

Course tutors: Dr Jivan Culshaw, Arden Skills Development Service from Coventry and Warwickshire Partnership NHS Trust.

Face to Face Course Duration: A full day split into 2 parts. 10am-12pm and 1-3pm.



"The course has provided
me with some useful tools
to help me focus and build
resilience/manage stress
levels in future"

Feedback from course attendee



Stress Awareness

The workshop is aimed at supporting individuals to be aware of their own stress and what might be contributing to their stress levels. With a practical focus also on how we can reduce our stress by being more aware of it.

Learning outcomes:

- Recognise stress and how it impacts on your body and mind.
- Learn simple ways to manage the effects of stress and evaluate the impact stress has on your life.
- Build your awareness to help you to be better equipped for those times when stress is an inevitable part of your life.

Aimed at: Anyone who would like to begin to start making positive changes in their lives around managing stress.

Course tutors: This course was originally created by Dr Jivan Culshaw, Coventry & Warwickshire Partnership Trust Psychological Skills Development Service and has been adapted for delivery by CWPT Recovery Academy staff.

Online Course Duration: One, 2 hour session.

See online courses requirements on page 6

 Co-created  Co-delivered  Quality approved



Worry Management

This course is designed to develop an understanding of worry and to teach practical techniques and strategies commonly used in worry management. Some useful techniques taught during the course include; classifying worries, worry time, problem solving, challenging unhelpful thinking styles and learning to explore how we maintain our worries.

It also aims to explain the differences between anxiety and worry. There are several helpful techniques that can be used to manage our daily worries, and they can be very effective.

Learning outcomes:

- Understanding the differences between worry and anxiety.
- Understanding worry management.
- Learning how to manage worries using some helpful techniques and strategies.
- Learning to challenge unhelpful thinking styles.

Aimed at: Anyone who needs support to manage their worrying and those who feel that worrying is overtaking their life and becoming problematic.

Course tutors: Coventry & Warwickshire Mind Recovery Academy Staff.

Face to Face Course Duration: One, 2 hour session.

Online Course Duration: One, 1½ hour session.

See online courses requirements on page 6

 Co-created  Co-delivered  Quality approved



Understanding Self-harm

This course aims to improve your understanding of why people may self-harm. The signs and symptoms of self-harm, tips for how to support yourself and how you can provide support to a person who self-harms.

Learning outcomes:

- Understand what self-harm is and isn't.
- Understand why a person might self-harm.
- Identify possible signs that could indicate a person is self-harming.
- Understand how to support someone that self-harms.
- Self-care for self-harm.
- Understanding the myths of self-harm.
- Links to further support.

Aimed at: Anybody who wants to understand more about self-harm. This could include someone who self-harms, friends and family members or carers.

Course tutors: Staff from Coventry and Warwickshire Partnership Trust and a Peer Tutor with lived experience.

Course Duration: One, 2 hour session.

See online courses requirements on page 6

 Co-created  Co-delivered  Quality approved

"Excellent to be delivered by people with lived experience and hear it from their point of view. It gave me a better understanding of the subject."

Feedback from course attendee



Anxiety Management



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 and identify anxiety triggers.
- Learn how to work with negative thoughts
- Introduce different skills and techniques that can help manage anxiety.

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.

Face to Face Course Duration: Five, 2 hour sessions over consecutive weeks.

Online Course Duration: Four, 1½ hour sessions over consecutive weeks.

See online courses requirements on page 6

Co-created Co-delivered Quality approved

"Practical strategies discussed to manage anxiety and to promote self-care. Information pitched at the right level."

Feedback from course attendee



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.

Face to Face Course Duration: One, 2 hour session.

Online Course Duration: One, 1½ hour session.

See online courses requirements on page 6



Quality approved



Writing for Wellbeing



During these two hour sessions, we will look at how writing can support our wellbeing. It will be an opportunity to find out some of the benefits of writing for our wellbeing and to try out different writing techniques including, 'mindful' writing, 'gratitude' writing and the 'mind dump!'

You don't need any previous experience, just a willingness to learn! All that you write, you keep.

Please note: The course requires the full 2 week attendance. Failure to attend the first session will require students to rebook.

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.

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

See online courses requirements on page 6

Co-created Co-delivered Quality approved

"I feel I have learnt a lot about writing for wellness and will be journaling a lot more, the good and the bad"

Feedback from course attendee



Art for Relaxation



A free short course of 3-weeks designed for adults 18+ who are feeling stressed and are looking for creative strategies to improve mental wellbeing.

Level of difficulty: beginners

Even if you don't think you are creative, give it a go, because the course is about learning new skills and switching off from worrying, rather than becoming the next Picasso!

"I enjoyed the opportunity to meet a group of people with a common interest, and I learnt to just let go and be creative without judgement. Truly liberating!"

For this course you will need:

- good internet connection/Wi-Fi.
- Zoom app on mobile or laptop/PC with video and microphone.
- white A4 paper.
- Scissors.
- pencil, black pen or marker.
- colour pencils or felt tips.
- glue stick or glue.
- ear phones.
- a comfortable and safe space you can work undisturbed.

Learning outcomes:

- three different creative techniques that will help you recognise your own symptoms of stress.
- use your creativity to reduce stress, anxiety and depression.
- understand the benefits of practising art for relation.
- become more confident in your creative skills and your arts practice for wellbeing.

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.

Online Course Duration: Three, 2 hour sessions.

See online courses requirements on page 6

Co-delivered Quality approved



Tallis Woodland Wellbeing

The Tallis Woodland Wellbeing Course is 8 weekly sessions (10am to 3pm) held at a woodland just outside Radford Semele, Leamington Spa. You will have the opportunity to engage in a variety of woodland-based activities and crafts, learn about the natural world, be physically active, and socialise with other people. **You must aim to commit to the 8 week course.** You will be supported to explore other volunteering and training opportunities to continue once the course has finished. Transport from Leamington Spa may be provided upon request. The course is open to anyone who has not previously attended the 8 week course. For directions to the venue or to speak to someone about the course, please contact Kristie Naimo on 07906 262 364 or by email to: Kristie@arccic.co.uk

Learning outcomes:

- Connect more deeply with the natural world, other people and yourself.
- Grow in confidence and self-esteem.
- Feel supported and work towards personal goals.

Aimed at: The course is aimed at people wanting to improve their mental health via nature, particularly those who experience mild to moderate mental health challenges, feel socially isolated, or are on a recovery pathway from an addiction.

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

Face to Face Course Duration: Eight, 5 hour sessions.

Co-created Co-delivered

The Fine Art to Wellbeing

A free 6-week creative self-development course for adults struggling with stress, anxiety and depression.

Level of difficulty: Advanced

The course is designed for people who have completed the Art for Relaxation course and are now looking to further develop their self-awareness and creative thinking skills.

"It has really helped me get in contact with my emotions and to understand why I am feeling this way. I have found it difficult with the pandemic and although it took me many weeks to open up, it felt good!"

Learning outcomes:

- A range of creative techniques including drawing, collage and mapping to explore how art can help you look at things from a fresh perspective.
- Explore different self development themes to better understand your own thoughts and feelings, and map a different way forward.
- Learn to express yourself without pressure and to trust the creative process.

Aimed at: This is an advanced course designed for people who have completed the Art for Relaxation course and are now looking to further develop their self-awareness and creative thinking skills.

Course Tutors: Arty-Folks artists and members.

Course Duration: Six, 2 hour sessions.

See online courses requirements on page 6

Co-created Co-delivered Quality approved



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.

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

Face to Face Course Duration: Three, 2 hour sessions.

Quality approved



Facing Your Fears

This course aims to provide participants with an understanding of why it is important to acknowledge and then face their fears. It also provides participants with practical techniques, strategies and examples of how to evaluate risks related to fears and how to create an action plan to enable them to gradually face their own specific fears in a controlled manner.

Learning outcomes:

- Describe what fear is and the impact it can have on daily life if fears are constantly avoided.
- Detail what makes up The Vicious Cycle of Avoidance and Anxiety that we experience
- Describe what Safety Behaviours are and why and when we use them.
- Identify what the four principles for success are in breaking the anxiety cycle and facing our fears.
- Demonstrate how to put the theory into practice, by making a personal action plan to then put into use.

Aimed at: Anyone in need of support with managing anxiety and stress, so that they cope and deal with a fearful situation or experience that is specific to them.

Course Tutors: Coventry & Warwickshire Mind Recovery Academy Staff.

Online Course Duration: One, 1½ hour session.

Face to Face Course Duration: One, 2 hour session.

See online courses requirements on page 6

Quality approved

"I found the course tutors to be surprisingly open, and this helped me to open up"

Feedback from course attendee



Better Body Image

This session looks at body image; the symptoms and causes of poor body image and the impact that this can have on us. We will look at tools and techniques to improve body image for greater wellbeing.

Please note: The course requires the full 2 week attendance. Failure to attend the first session will require students to rebook.

Learning outcomes:

- Understand the possible symptoms and causes of poor body image.
- Identify the impact of poor body image on daily life and our experiences.
- Learn some simple tools and techniques to improve body image and achieve greater wellbeing.
- Understand when further support may be required.

Aimed at: Anyone who is experiencing poor body image and would like to enhance their wellbeing in this area.

Course Tutors: Recovery and Wellbeing Academy Staff.

Online Course Duration: Two, 2 hour sessions.

See online courses requirements on page 6

 Co-created  Co-delivered

"I feel much more positive about myself."

Feedback from course attendee

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 raise your self-awareness and think about your own emotions and responses.

Learning outcomes:

- To explore the language around emotions and feelings.
- To consider and acknowledge our own emotions and feelings.
- To think about how we respond to our emotions and feelings, and if these responses work well for us.
- To tune in, check in and make kind choices.

Aimed at: Anyone who would like to begin to think about raising their awareness around emotions, feelings and their responses to these.

Course tutors: Academy tutors from Coventry and Warwickshire Partnership Trust.

Course Duration: Two, 2 hour sessions.

See online courses requirements on page 6

 Co-created  Co-delivered  Quality approved

"Learning to use tools to take a step back, breathe and ask questions in order to understand what's happening and respond in a more positive way."

Feedback from course attendee

Rebuilding Your Confidence

This course has been specifically developed to help people who are experiencing lowered confidence and loss of self-worth. It explains the difference between self-esteem and confidence, and explores the impact of negative thinking, what we can do about it and the benefits of building our self-esteem and confidence by means of taking responsibility for our own self-care.

Learning outcomes:

- Understand the difference between confidence and self-esteem.
- Understand the impact and causes of low confidence and self-esteem.
- Develop strategies to rebuild and grow confidence and self-esteem.
- Learn how to tackle negative self-talk.
- Learn what hinders and what builds confident communication.

Aimed at: People who are experiencing low confidence and loss of self-worth. It explains the difference between self-esteem and confidence, and explores the impact of negative thinking, what we can do about it and the benefits of building our self-esteem and confidence by means of taking responsibility for our own self-care.

Course tutors: Coventry & Warwickshire Mind Recovery Academy Staff.

Face to Face Course Duration: Five, 2 hour sessions over consecutive weeks.

Online Course Duration: Five, 1½ hour sessions over consecutive weeks.

See online courses requirements on page 6

 Quality approved

Healthy Mind Skills & Practices

This monthly workshop is an opportunity to refresh your skills, practices, and coping strategies. A practice-based session introducing different ways to support you in everyday life, whether it is managing an ongoing condition or simply maintaining mental wellbeing. Techniques will include mindfulness practices, ways to understand and work with negative thoughts, breathing techniques, relaxation and visualisation techniques, as well as ways to work with stress and anxiety responses. Everyone is welcome.

Learning outcomes:

- To learn skills, practices and strategies that support our wellbeing everyday.

Aimed at: Anyone wanting to improve their mental health and wellbeing.

Course tutors: Coventry & Warwickshire Mind Recovery Academy Staff.

Online Course Duration: One, 1 hour Workshop.

See online courses requirements on page 6



Understanding Borderline Personality Disorder



This introductory session will offer information to help build your knowledge and understanding, which is important in the management of Borderline Personality Disorder.

Learning outcomes:

- Understand more about Borderline Personality Disorder (BPD).
- Understand why a person might suffer from BPD.
- To look at some symptoms, diagnosis and where you can get help.
- Understand how to support someone that has BPD.
- To start to look at the stigma and myths around BPD.
- Links to further information and support.

Aimed at: Anybody who wants to build their knowledge and understanding of Borderline Personality Disorder. This course may also be useful for carers, family or staff.

Course Tutors: Staff from Coventry and Warwickshire Partnership Trust and a Peer with lived experience of BPD (where possible).

Course Duration: One, 2 hour session.

See online courses requirements on page 6

Co-created Co-delivered

"Realising that others are also out there and I'm not alone. I guess the first step in accepting my diagnosis"

Feedback from course attendee

Self-compassion



We are often good at offering others compassion and can find it difficult to extend that same compassion to ourselves. This session will explore what self-compassion means to us. With a focus on how to start to help you raise your own awareness around offering yourself compassion and kindness to aid your own wellbeing.

Learning outcomes:

- Explore what self-compassion means.
- Start to raise our self-awareness about why we often aren't good at showing ourselves compassion
- Discuss how we can be kind and compassionate for ourselves.

Aimed at: Anyone interested in learning more about self-compassion to aid their own wellbeing.

Course Tutors: Staff from Coventry and Warwickshire Partnership Trust.

Course Duration: One, 2 hour session.

See online courses requirements on page 6

Co-created Co-delivered Quality approved



Finding Purpose and Direction



This workshop will help you to think about your values, how to create balance in your life and set goals. It will explore how we place unhelpful limitations on ourselves by maintaining our current comfort zone and instead help you understand what is important to you and why.

Learning outcomes:

- Understand how to identify what your values are.
- Explore how to achieve more balance in your life.
- How we set goals and why.

Aimed at: Anyone who wants to gain a better understanding of how to identify values and set goals to achieve direction and purpose.

Course tutors: Staff from the Recovery and Wellbeing Academy.

Course Duration: One, 2 hour session.

See online courses requirements on page 6

Co-created Co-delivered Quality approved



Introduction to Depression



This short course aims to improve understanding of low mood. We will look at the symptoms of depression and introduce some simple self-management techniques.

Learning outcomes:

- Recognise the symptoms of low mood and depression.
- To learn coping strategies to empower us and manage low mood and depression.
- To identify where we can get more information and support if we need it.

Aimed at: Anybody who wants to find out more about low mood and depression and learn some self-management techniques.

Course tutors: Coventry & Warwickshire Mind Recovery Academy Staff.

Course Duration: One, 1½ hour session.

See online courses requirements on page 6

Introduction to Anxiety



This short course aims to improve understanding of anxiety. We will look at the symptoms of anxiety and introduce some simple self-management techniques.

Learning outcomes:

- Recognise the symptoms of anxiety.
- To learn coping strategies to empower us and manage our anxiety.
- To identify where we can get more information and support if we need it.

Aimed at: Anybody who wants to find out more about anxiety and learn some self-management techniques.

Course tutors: Coventry & Warwickshire Mind Recovery Academy Staff.

Online Course Duration: One, 1½ hour session

See online courses requirements on page 6



Relaxation

This is a 2-hour workshop for anyone who would like to learn (and practice) a range of breathing exercises and relaxation techniques to help reduce their overall stress levels and improve their mental wellbeing/fitness.

Learning outcomes:

- To gain an understanding of how breathing exercises and relaxation techniques can help reduce your stress levels and improve your mental wellbeing.
- To learn how you can develop and strengthen your mental fitness by adding a breathing exercise and/or a relaxation technique to your daily routine.

Aimed at: Anyone who would like to learn a range of breathing exercises and relaxation techniques. This workshop is not only aimed at people who are experiencing mental health symptoms, but also to anyone who would like to learn simple techniques to strengthen their mental fitness and help prevent the onset of mental ill health.

Course Tutors: Coventry and Warwickshire Mind Recovery Academy Staff.

Course Duration: One, 2 hour session.

 Co-created  Co-delivered  Quality approved



Arty-Folks in Coventry

Do you live in Coventry and are you looking for an art group that supports your mental health and wellbeing?

Arty-Folks is running a weekly **in-person group at our studio in Coventry** for adults 18+ of working age who feel at a low point in life and who are struggling with mental ill health.

Enjoy learning and being creative in a supportive group of peers who understand what you are going through. The art projects are suitable for people who are experienced and talented as well as those who have not done any art since school. Our experienced tutors will support you to develop your creatives skills using a wide range of media such as drawing, painting, sculpture, ceramics, printing, and mixed media work to explore art for self-development and personal growth.

Learning outcomes:

- Better understand how being creative improves mental health and wellbeing
- Learn to express yourself and tell your personal story through a wide range of creative media
- Experience the social and mental health benefits of Peer-to-Peer support
- Ground yourself in your own arts practice and feel more confident to follow your creative ambitions

Aimed at: Adults 18+ of working age in Coventry who feel at a low point in life and who are struggling with mental ill health.

Course Tutors: Arty-Folks artists and members.

Course Duration: Three, 2 hours sessions, over consecutive weeks.

 Co-created  Co-delivered



Understanding Bipolar Disorder

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 that can fluctuate very quickly. For some people, it is also possible to see or hear things that others do not or have altered beliefs.

This course will help to build your knowledge and understanding, which is really important in the management of bipolar disorder.

Learning outcomes:

- Build understanding of common experiences of bipolar disorder.
- What can cause or trigger a bipolar episode.
- Treatments for bipolar disorder.
- Begin to look at how to accept, live well and become your own expert in this condition.

Aimed at: Anybody who wants to build their own understanding of bipolar. This course may also be useful for someone with a diagnosis of bipolar, carers, family or staff.

Course tutors: Staff from Coventry and Warwickshire Partnership Trust.

Course Duration: One, 2 hour session.

See online courses requirements on page 6

 Co-created  Co-delivered  Quality approved

"Very Informative - Real life experiences about managing mental health disorder."

Feedback from course attendee



Keeping Mentally Fit in the 2020s

This decade has proved challenging for many of us, in this course we look at why we struggle, signs and indicators that ourselves or others might be experiencing poor mental health, how to reach out to someone we are worried about and how we and those around us can stay mentally fit and speed our recovery from mental ill health.

Learning outcomes:

- Having a conversation about mental ill-health.
- Provide toolkits and strategies for building resilience.
- Where to get help and support and how to keep safe.
- Provide hope for recovery.

Aimed at: Anyone who has an interest in remaining mentally well, wishing to recover from mental ill health or wanting to be aware of how to support others.

Course Tutors: Staff from South Warwickshire and Worcestershire Mind.

Course Duration: One, 1½ hour session.

See online courses requirements on page 6

 Co-created  Co-delivered



Escape Arts - Arts & Nature in Warwickshire

We run a series of different adult community groups at our venues in Stratford-Upon-Avon and Nuneaton, with artist-led art projects, community gardening, informal groups for needlecrafts (sewing, knitting, crochet etc) and other craft-based groups with mindful activities. Our friendly groups generally meet weekly for different projects and activities. For more information please contact info@escapearts.org.uk.

Arts & Nature is a programme of 4 or 6-week courses at locations across Warwickshire and FREE for residents. Managed by Escape Arts in partnership with Warwickshire Wildlife Trust (WWT) and Achieving Results in Communities (ARC), the courses use creative activities and mindfulness techniques to support mental health and wellbeing. The sessions are face to face in small friendly groups with activities outdoors as much as possible. The courses use beautiful outdoor locations, natural materials and explore the nature on our doorstep for inspiration. A new programme from September 2022 to August 2023 will include sessions in Rugby, Warwick, Stratford Upon Avon, Atherstone and Nuneaton, and include:

- An Introduction to Tai Chi and Meditation
- Creative Ceramics – using clay to make vessels and decorations
- Create in Nature – exploring nature and using natural materials to create artworks and bush craft
- Creativity in Nature with ARC
- Wilder Wellbeing with WWT
- Artist-led courses taking inspiration from nature and learning artistic techniques such as painting, drawing, collage and batik.

Aimed at: Courses are aimed at anyone looking to develop creative and nature inspired outdoor coping strategies that can improve wellbeing.

Course Tutors: : Escape Arts staff and volunteers

Course Duration: Vary, dependent on course. For more information please contact the Recovery Academy team at Recovery.Academy@covwarkpt.nhs.uk or call 0300 303 2626.



Advocacy: Knowing your Rights

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

Learning outcomes:

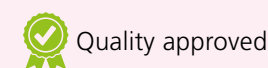
- Learn about the Mental Health Act and people's rights under the act.
- Learn what information people receiving support in Mental Health Care settings should be given.
- Learn about people's rights to have as much independence and involvement in their care as possible.
- Learn what you can do if you are not happy about something.
- Learn about what options are available if people are not happy about something.
- Learn about advocacy rights and how VoiceAbility can help.

Aimed at: Anyone who would like to know more about people's rights under the Mental Health Act and the role of VoiceAbility as an advocacy who can help.

Course Tutors: Staff from VoiceAbility and tutors from the Recovery and Wellbeing Academy.

Course Duration: One, 2 hour session.

See online courses requirements on page 6



"Lots of detailed and clear explanations on advocacy within community and hospital settings delivered by experts within the area"

Feedback from course attendee

Creating Characters

Taking part in drama can be a great way to meet new people, gain confidence and support your health and wellbeing. Join Emma at Underground Lights for 4 weeks as we explore drama and focus on creating different characters together. This group is suitable for beginners and you don't need to have done drama before so just come along and give things a go!

"We've learnt new skills about using the stage and voice projection, plus how to play different characters. We all share our thoughts and ideas as a group to make them work and it has been fun at the same time". (Underground Lights member)

For more information email: info@undergroundlights.org

Learning outcomes:

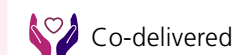
- Feel more confident about exploring ideas creatively and practically in a group.
- Understand how drama can support health and wellbeing.

Aimed at: Anyone who is interested in learning creative ways to explore ideas and support wellbeing.

Course Tutors: Underground Lights staff team and member volunteers.

Course Duration: Four, 1½ hour sessions over consecutive weeks.

See online courses requirements on page 6



Relationships & Connections



Coping with Caring

This course aims to raise awareness and understanding of how the caring role can impact on many aspects of your life. The course looks at ways you can look after yourself as well as continuing to support and promote the independence of the person you care for.

Learning outcomes:

- To increase awareness of the roles and responsibilities of being a Carer in the UK and to look at how these roles affect us.
- To consider and develop some techniques for coping and helping ourselves as well as those we care for.
- To look at your rights as a Carer and places to seek additional support.

Aimed at: anyone who is currently caring for a friend or family member and is experiencing increased stress.

Course tutors: Staff from Coventry and Warwickshire Partnership Trust and Heart of England Carers Trust.

Course Duration: One, 2 hour session.

See online courses requirements on page 6

 Co-created  Co-delivered  Quality approved



Come Connect to Arty-Folks

A free 1 hour online workshop for adults 18+ in Coventry and Warwickshire who are looking to connect with like-minded people through art and wellbeing activities.

Level of difficulty: complete beginners.

"I had no idea what to expect and it really surprised me how easy it was to chat and have a laugh with people I'd never met in person."

Learning outcomes:

- a taster of a typical art workshop we run in a small group of like-minded people.
- a better understanding of how art can aid your mental wellbeing.
- an overview of how you can progress creatively and personally through Art for Wellbeing Warwickshire Arty Folks workshops and courses.
- help to choose and register on the course suited to your needs.
- at the end of the workshop you can book a 30-minute one-to-one phone session with our Wellbeing Coach who can offer you solution-focused advice and guidance to overcome obstacles on your journey. Please note that we do not offer counselling, but we can signpost you to agencies that might be able to help you.

Art Materials needed:

- A4 paper, scissors, pen or pencil and it would be great if you have colouring pencils or felt tips but it's not essential.

Aimed at: Adults 18+ in Coventry and Warwickshire who are looking to connect with like-minded people through art and wellbeing activities. Accessible for total beginners as well as experienced artists.

Course Tutors: Arty-Folks artists and members.

Online Course Duration: One, 1 hour session.

See online courses requirements on page 6

 Co-delivered  Quality approved



Relationships & Connections



Isolation and Loneliness – Building Connections

In the modern world there has never been more opportunities to connect. Yet people report feeling more isolated and lonelier than in previous generations. The connections that are made are not always beneficial or supportive and can increase feelings of loneliness. In this course we explore what contributes to the feelings of loneliness, how it affects health and wellbeing and look at how our connections can become more supportive and meaningful.

Learning outcomes:

- Distinguish between isolation and loneliness
- To explore the signs, symptoms and impact of loneliness
- To discover what connection is and why it is important
- To consider tips on improving our connections, to support our wellbeing

Aimed at: Anyone who wants to explore their feeling of loneliness and to consider creating new connections in their life, to enhance wellbeing.

Course Tutors: Staff from Coventry and Warwickshire Partnership Trust.

Course Duration: One, 2½ hour session.

See online courses requirements on page 6

 Co-created  Co-delivered



Routines – How they are formed and why they are important

This course explains the importance that routines have in our daily lives. It explores how and why routines help us to stay healthy, how routines help us to connect with the world around us and how they impact on our wellbeing. The course explores the challenges and impact that change has on routines and motivation, and looks at tips for creating new routines.

Learning outcomes:

- To define and explore what routines are.
- To consider why routines are important and how they support us in our daily lives.
- To think about the impact of change on routines.
- To offer some tips on how to build routines that work for you.

Aimed at: Any adult who has struggled with their routines following change, uncertainty, illness or life events.

Course Tutors: Staff from Coventry and Warwickshire Partnership Trust.

Course Duration: One, 2 hour session.

See online courses requirements on page 6

 Co-created  Co-delivered



Understanding Dementia

Receiving a diagnosis of dementia can be a distressing and confusing experience for everyone involved. There may be changes in behaviour, difficulties with communication and struggles to cope with some aspects of daily life, all of which can be difficult to deal with. In this introductory course, we briefly explore the effect Dementia has on whole families, introduce a few techniques for dealing with difficult situations and consider some of the support options that may be available.

Learning outcomes:

- To describe dementia, the various diagnoses that may accompany it and how each diagnoses affects the brain.
- To look at the impact on daily life and introduce some tips on offering positive, practical support.
- To explore what further support is available.

Aimed At: Anyone who wants to learn a little more about dementia and how it can impact on everyday life.

Course Tutors: Staff from Coventry and Warwickshire Partnership Trust.

Face to Face Course Duration: One, 2½ hour session.

See online courses requirements on page 6

 Co-created  Co-delivered



Living with a Long-term Condition

This workshop helps you to think about the impact of living with a long term condition and how you can move towards acceptance and continue to live a life with purpose and meaning.

Learning outcomes:

- The impact of a diagnosis.
- How it can be useful to understand the diagnosis.
- Learning about and understanding your condition and symptoms.
- How your physical and mental health can impact each other.
- Medication and top tips.

Aimed at: Anyone living with or caring for someone with any kind of long-term condition.

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

Course Duration: One, 2 hour session.

See online courses requirements on page 6

 Co-created  Co-delivered  Quality approved



Understanding Sensory Needs in School Aged Children

This course aims to give parents a good understanding of what sensory needs are and provide them with some strategies to use to support their young person at home.

Courses are aimed at parents and carers of children. If you are looking to help support a child from a professional stance, then please contact the primary mental health teams for courses specifically for professionals e.g. teachers, social workers, teaching assistants, family support workers etc.

Learning outcomes:

- You will learn about sensory processing in children/ young people and gain an understanding of how it affects them in their day to day life.
- You will learn about your child's sensory needs and how you can support them to better manage their anxiety, low mood and other common mental health difficulties.
- You will learn practical strategies and techniques to try at home to manage your child/young person's sensory needs and will also find out where you can access local support if you are worried about your child's emotional wellbeing.

Aimed at: Parents of school aged children who would like to learn how to support their child's sensory difficulties in relation to anxiety and low mood.

Course tutors: Academy tutors from Coventry and Warwickshire Partnership Trust.

Online Course Duration: One, 2 hour session.

See online courses requirements on page 6

 Quality approved



Understanding Emotional Regulation in School Aged Children

This course aims to give parents a good understanding of what emotional regulation is and provide them with some strategies to use to support their young person at home to regulate their own emotions and communicate their needs.

Courses are aimed at parents and carers of children. If you are looking to help support a child from a professional stance, then please contact the primary mental health teams for courses specifically for professionals e.g. teachers, social workers, teaching assistants, family support workers etc.

Learning outcomes:

- You will learn about healthy emotional development in childhood and understand what healthy emotional development looks like at different ages.
- You will learn about the challenges children and parents face at different ages and what can you do to help.
- You will learn practical strategies and techniques that may be helpful to support your child's emotional development.
- You will find out where you can access local support if you are worried about your child's emotional wellbeing.

Aimed at: Parents of school aged children who would like to learn how to support their child to manage their own emotions.

Course tutors: Academy tutors from Coventry and Warwickshire Partnership Trust.

Online Course Duration: One, 2 hour session.

See online courses requirements on page 6

 Quality approved

Courses for Parents or those Caring for Children



Understanding and Supporting Children Aged 12+ Years with Anxiety

This course aims to give parents a good understanding of what anxiety is and provide them with some strategies to use to support their young person at home.

Courses are aimed at parents and carers of children. If you are looking to help support a child from a professional stance, then please contact the primary mental health teams for courses specifically for professionals e.g. teachers, social workers, teaching assistants, family support workers etc.

Learning outcomes:

- You will learn about anxiety and how we can help our children manage their worries.
- You will learn to identify the signs and symptoms of anxiety and how it might present in children of different ages.
- You will learn to differentiate between the usual stresses of childhood and anxiety that may be more problematic for your child.
- You will learn practical strategies and techniques you can do at home to support your child when they are feeling anxious.
- You will also find out where you can access local support if you are worried about your child's emotional wellbeing.

Aimed at: Parents of children aged 12+ years who would like to learn how to support their child to manage their own worries and anxiety.

Course Tutors: Academy tutors from Coventry and Warwickshire Partnership Trust.

Online Course Duration: One, 2 hour session.

See online courses requirements on page 6



Quality approved



Understanding Low Mood in Children and Young People

This course aims to give parents a good understanding of what low mood is, how it links with depression and how you can help to support a child or young person experiencing low mood.

Courses are aimed at parents and carers of children. If you are looking to help support a child from a professional stance, then please contact the primary mental health teams for courses specifically for professionals e.g. teachers, social workers, teaching assistants, family support workers etc.

Learning outcomes:

- To understand the definition of low mood and its relationship with depression.
- To identify and understand signs and symptoms of low mood.
- To explore the risk and protective factors which may impact upon low mood.
- To introduce strategies that can be used to support a child or adolescent experiencing and low mood.
- To understand when & how to access specialist services in relation to low mood.
- You will find out where you can access local support if you are worried about your child's emotional wellbeing.

Aimed at: Parents of children and young people who would like to understand low mood, signs and symptoms in children and young people and how to support them.

Course tutors: Academy tutors from Coventry and Warwickshire Partnership Trust.

Online Course Duration: One, 2 hour session.

See online courses requirements on page 6



Quality approved

Courses for Parents or those Caring for Children



Understanding and Supporting Children Aged 3-11 Years with Anxiety

This course aims to give parents a good understanding of what anxiety is and provide them with some strategies to use to support their young person at home.

Courses are aimed at parents and carers of children. If you are looking to help support a child from a professional stance, then please contact the primary mental health teams for courses specifically for professionals e.g. teachers, social workers, teaching assistants, family support workers etc.

Learning outcomes:

- You will learn about anxiety and how we can help our children manage their worries.
- You will learn to identify the signs and symptoms of anxiety and how it might present in children of different ages.
- You will learn to differentiate between the usual stresses of childhood and anxiety that may be more problematic for your child.
- You will learn practical strategies and techniques you can do at home to support your child when they are feeling anxious.
- You will also find out where you can access local support if you are worried about your child's emotional wellbeing.

Aimed at: Parents of children aged 3 -11 years who would like to learn how to support their child to manage their own worries and anxiety.

Course Tutors: Academy tutors from Coventry and Warwickshire Partnership Trust.

Online Course Duration: One, 2 hour session.

See online courses requirements on page 6



Quality approved



Understanding and Supporting Children who Self-harm

This course aims to give parents a good understanding of what self-harm is and provide them with some practical strategies and techniques that may be helpful if their young person is self-harming

Courses are aimed at parents and carers of children. If you are looking to help support a child from a professional stance, then please contact the primary mental health teams for courses specifically for professionals e.g. teachers, social workers, teaching assistants, family support workers etc.

Learning outcomes:

- You will learn about self-harm, what it is and how you can help your child/young person.
- You will learn about some of the reasons young people self-harm and what can maintain this behaviour.
- You will learn practical strategies and techniques that may be helpful for a child/young person who is self-harming.
- You will also find out where you can access local support if you are worried about your child's emotional wellbeing.

Aimed at: Parents of children who would like to understand self-harm and learn how to support their child who is self-harming.

Course Tutors: Academy tutors from Coventry and Warwickshire Partnership Trust.

Online Course Duration: One, 2 hour session.

See online courses requirements on page 6



Quality approved

Courses for Parents or those Caring for Children



Understanding and Supporting Children with Emotionally Based School Avoidance

This course aims to give parents who would like a good understanding of what emotionally based school avoidance is and provide strategies to improve your child's school attendance.

Courses are aimed at parents and carers of children. If you are looking to help support a child from a professional stance, then please contact the primary mental health teams for courses specifically for professionals e.g. teachers, social workers, teaching assistants, family support workers etc.

Learning outcomes:

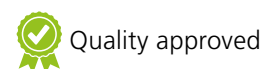
- You will gain an understanding of what emotionally based school avoidance is, who it affects and why.
- You will learn practical strategies and techniques you can do at home to support your child who may be avoiding to attend school.
- You will learn about developing an action plan to support your child to improve school attendance.
- You will also find out where you can access local support if you are worried about your child's emotional wellbeing.

Aimed at: Parents of school aged children who would like to understand emotionally based school avoidance.

Course Tutors: Academy tutors from Coventry and Warwickshire Partnership Trust.

Online Course Duration: One, 2 hour session.

See online courses requirements on page 6



Understanding Self-esteem in Children and Young People

This course aims to give parents a good understanding of what self-esteem is, its link to mental health and how you can help to support a child or young person experiencing low self-esteem.

Courses are aimed at parents and carers of children. If you are looking to help support a child from a professional stance, then please contact the primary mental health teams for courses specifically for professionals e.g. teachers, social workers, teaching assistants, family support workers etc.

Learning outcomes:

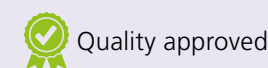
- To understand the definition of self-esteem and development of self-esteem in childhood.
- To identify and understand what healthy and low self-esteem might look like in a child or young person.
- To consider and understand the link between self-esteem and mental health.
- To explore the risk and protective factors which may impact upon anxiety and low mood.
- To introduce strategies that can be used to support a child or adolescent experiencing and low self-esteem.
- To understand when & how to access specialist services in relation to self-esteem. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.

Aimed at: Parents of children and young people who would like to understand healthy and low self-esteem.

Course tutors: Academy tutors from Coventry and Warwickshire Partnership Trust.

Online Course Duration: One, 2 hour session.

See online courses requirements on page 6



Frequently Asked Questions.....

How much do courses cost?

All courses at the Recovery and Wellbeing Academy are currently FREE to attend for all our students.

How long are the courses and when are they?

Courses vary in length. For example, some may be a single day or half day session, while others may be weekly for two hours per session. The courses would not usually be more than once or twice a week. Courses are usually run in a morning, afternoon or evening.

How many courses can I apply for at once?

You can book up to three courses at one time. Once you have completed these, you can book on to another three. All courses will be subject to availability.

What do I do if I want further information about a course?

Please feel free to contact us on 0300 303 2626 or email us at: recovery.academy@covwarkpt.nhs.uk. We are always happy to talk to you regarding any information you may need.

How is the content of the course designed?

Most of our courses are co-designed and co-delivered by both an expert by education and an expert by experience or someone with caring experience, relevant to the subject matter. For example, the "understanding bipolar" workshop was created by an Occupational Therapist, Psychologist, Psychiatrist, a carer of someone with bipolar and two people living with Bipolar. This blend of people, we feel, gives the best-rounded course.

What if I need support with my mental wellbeing whilst attending the Recovery & Wellbeing Academy?

The Recovery and Wellbeing Academy is set up as a provider of psycho-educational courses. We do not provide clinical interventions or therapy, as we expect you to be able to access support outside of the Academy. If you are feeling unwell or distressed while attending a course, it is important to speak with the tutor, who will ensure you have the right contact details of relevant support services.

I have specific requirements such as large print, or an interpreter, is this possible?

We endeavour to do everything we can to meet your needs. If you let us know in advance of attending your course, we will do all we reasonably can to support your requirements.

I work for an Academy partner organisation (e.g CWPT, CW Mind, Artyfolks, DWP) but live outside of Coventry and Warwickshire and am interested in some of the courses - can I enrol?

Yes! One of the things that make our Recovery & Wellbeing Academy so unique is that it is truly collaborative. When you enrol into the Academy you will not be labelled as a 'Service User', 'Carer' or 'Professional' - you will simply be considered a student. You may wish to learn more to help your practice and/or to gain knowledge to help you to manage your own health and wellbeing. Everyone learns together and from each other.

I care for someone who is unwell, can I enrol?

Of course! Our courses are designed for anyone who cares for someone, for people who require support from health services, people who work in them, and those who are simply interested in recovery-based learning.

For the online courses, do I need to put my camera on?

All courses are better when people have their camera on and interact with the session. However, we know how uncomfortable this can be for some people. So, while we encourage you to get involved, we do not enforce it.





Recovery & Wellbeing **ACADEMY**

🌐 <https://recoveryandwellbeing.co.uk>

📘 @RecoveryWellbeingAcademy

🐦 @RecoveryAcadem2

📷 @RecoveryWellbeingAcademy

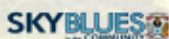
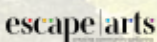
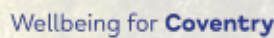
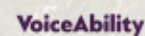
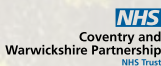
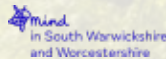
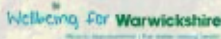
🌐 @RecoveryWellbeingAcademy

✉ Recovery.Academy@covwarkpt.nhs.uk

☎ 0300 303 2626

#TogetherWeAreStronger

We aim to bring together all the great organisations working within the region to support people's mental health and wellbeing. We are really pleased to have the following partners creating



Anyone who feels they can add to what we're building is welcome to get in touch.